

**L.Kin**

**Volume 4**

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**From the  
Bottom  
to the Top**

(The Way Out)

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# Preface

This book, which I assume will be the last volume in the L.Kin series, deals with the solo route to case completion.

Case completion means there is nothing left to be audited. Except perhaps out of curiosity, but not out of need.

You are aware of the significant events of your past track, those that have formed your present, and you have discharged them. The charge is gone, the information is left.

You are aware of entities, i.e. other people's ridges flying about (and there are lots), and you don't fall for them any more.

You are aware of the Genetic Entity looking after your body. Through auditing it you have learnt to live with it rather than against it or in ignorance of it.

You become aware of other thetans' thoughts and postulates even before they can interfere with your own.

You are aware of your game, your purposes, and of the mission you have to fulfill before you can calmly leave this planet and go elsewhere. You know the mission and what it takes to fulfill it, and are working on it.

You can plan out your next incarnation with certainty. The usual veil of forgetfulness won't lay itself upon you in the between-lives area. The future is yours.

In short, you are a happy, healthy and purposeful person.

At this stage you are straight up against life. No charge of the past creeping in, no old bad karma making you stumble. It's you and life eye to eye. No filters.

The only recourse from there on out is keeping your TRs in and applying the ethics conditions. Tough stuff. (But with maximum rewards.)

Volume 1 was on the philosophy of Hubbard, volume 2 on its practical application as far as attaining the ability of Clear.

Volume 3 was on the sort of stuff you may run into in the OT 3 band and beyond. Like it or not, one can't seem to avoid getting involved with galactic politics.

This present volume puts the first three together and suggests a route towards case completion (a "bridge", to use that term). On one's way there one will experience the phenomena described in volume 3. Eventually, towards the end, one will leave such phenomena behind. Because after all, any of these experiences are only theta adventures. They are something one may have to go through, yet by themselves they are not important.

As well, this fourth volume reflects the way I work personally. I speak for myself rather than let Ron Hubbard speak (as I did in the previous volumes).

What follows in this present book, then, is what I myself do with Hubbard's technology, how I personally use the basic tools and concepts of Class VIII. (They were described in volume 2, the "Handbook for use".)

Much as Class VIII constitutes a fairly high level of accomplishment and skill, it is also a level of great simplicity. It reduces the complexity of the tech to two simple concepts: one, look at people as composite beings consisting of a thetan, his bank, entities, a GE and a body; two, get this multi-dimensional interaction sorted out by the simplest of means.

That's standard tech Class VIII style.

It will coincide only rarely with the rather rigid version of "standard tech" as practiced in certain places. That sort of "standardness" turns auditing into a ritual and the auditor into a robot. It makes auditing become a soul-less, lifeless pursuit. It makes it ineffective. Which is a sad thing to happen.

For many users of Hubbard's technology, this ritualistic standardness became unbearable. As a solution they dropped dianetics and scientology, perhaps claimed that their involvement with it was an error of their young days, got involved with one of the derivatives of Hubbard's work (like Soul

Retrieval, Dianasis, TROM, Belief Changing, Avatar, Metapsychology, etc.), and then announced that this was ever so much better than "scientology".

Whereas in fact they may never have come close to the real thing in the first place! It was denied to them by those who purported to administer it.

Likewise there are those who totally turned away from Hubbard's teachings and found a new spiritual home through contacting some guru or healer or telepathic genius. They are likely to report that just one session with their enlightened master relieved them of their suffering, and that he therefore did something that dozens of hours of engram running didn't do. Which - in their opinion - goes to show that dianetics is all wrong.

Yet I ask again: did they ever come close to the real thing? Or were they perhaps let down by certain "experts" who, misled by their own self-importance, believed themselves to be competent?

I'd be the first to admit that Ron Hubbard's work can be put to many uses, as this is what I'm doing myself and is what this whole book is about. Yet although one may have to use fancy names for legal and PR reasons I suggest that one shouldn't omit referring to one's source, and that one should do so in a respectful way - instead of denying altogether that one got it from Hubbard or speaking about him spitefully or slanderously.

If Ron hadn't put his system there, we wouldn't be where we stand now. It's as simple as that.

I'd be the first to admit as well that there are indeed enlightened masters about, and that one can find them in many different disciplines. One session by such a master may cure what neither the medical doctor nor the dianetic auditor manages to cure. I know that. Nevertheless one cannot rightfully use this as an argument against Hubbard and his teachings. Because all it means is that one has a lot to learn. Having to consult an enlightened master may be very exciting, yet at the same time it proves that one isn't quite enlightened oneself.

The strong point in Ron's work is this: that apart from helping one to get rid of things it also helps one to become aware of things. It teaches awareness.

This is what auditing, particularly solo auditing, is all about: increasing one's awareness of being aware. It's a training action rather than a case action.

In the end one is in the position to help oneself. At least one should be. It's a long way. The point is: one can do without the enlightened master. Even without Ron Hubbard. And that, I think, is a fantastic achievement.

I'm aware that - in view of the battles raging on Internet and in the courthouses of the world - it may seem slightly naive to say anything positive about Ron Hubbard and his work. Yet in my view there is only one single reason for these battles, and it has nothing to do with "the tech" as such. It is this: people were lied to. Promises were made but not kept.

"If you can't get the technology applied then you can't deliver what's promised. It's as simple as that. If you can get the technology applied, you can deliver what's promised.

The only thing you can be upbraided for by students or pcs is 'no results'. Trouble spots occur only where there are 'no results'. Attacks from governments or monopolies occur only where there are 'no results' or 'bad results'."

I bet you've heard this before. It is from "Keeping Scientology Working", HCO PL 7 February 1965.

There was always a haze of wishful thinking around promises of states and abilities, but, dodgy salesmanship aside, when the auditor has good results, people are perfectly happy with Ron and his tech. No legal battles.

So let's all have some good results on others and ourselves, and make this world a better place, shall we?

(Note: To my three previous volumes I'll refer like this: (LK1/p. 96). This would mean: "L.Kin, volume 1, page 96". Or: (LK3/ch.1), meaning "L.Kin, volume 3, chapter 1".)

# **Chapter One:**

# **Some General Considerations**

## THE ANATOMY OF A THETAN

Man, as he lives on this planet, is a self-contained interactive system interacting with other self-contained interactive systems.

So a lot of interaction takes place. The theoretical model we are using to come to grips with this is as follows: there is a state outside games (static) and inside games (dynamic). Both interact through the thetan. For the purpose of interaction inside games the thetan creates postulates and energy. This, through non-attention, may lead to solidification: to the thetan's home-made ridges (GPMs) and his identification with foreign-made ridges (entities). Further components in this model are the mest universe, the Genetic Entity (GE) with its somatic banks containing billions of engrams, and the body.

Part and parcel of this model are certain considerations: that of re-incarnation (past and future lives), of individual time tracks being linear, of the law of cause and effect ("karma", to use an old term), and of one's present and future being the consequence of one's past.

None of this is true in the absolute sense. It's only part of a workable model.

A "model" is a way of looking at things.

So what we've got here is a useful way of looking at things.

As one puts this model into practice one clears out the bad karma of one's own past and that of others in order to improve one's future. One concerns oneself a lot with the past.

Why? Because a person suffering from bad karma won't achieve his goals. For various reasons: firstly, earlier unpleasant experiences (his own Goals Problems Masses) make him feel uncertain and inhibited; secondly, his middle management (the entities) actually falsify his intentions; thirdly his work crew (GE) goes on strike (activated engrams), rendering the body useless.

Add to that the interaction with other thetans' opinions, other thetans' banks, other thetans' entities and other thetans' body/GE-units, and you get the picture.

Yet despite all of this interaction going on, the thetan is supposed to be the boss. What goes on is his responsibility.

Auditing is designed to handle this wildly uncontrolled interaction so as to re-establish the thetan on his post. It does, in fact. If done right.

What auditing is good auditing? Any auditing that gets a thetan peeled out of the above.

To repeat: what goes on in the system totally and utterly depends on the thetan's considerations and agreements.

That many of his considerations and agreements are suppressed, ignored and not-used doesn't change the matter at all. It's *his* responsibility. It's he who made the considerations, he who went into agreement, he who identified himself with lousy conditions. His fault.

Who built that bank? *He* did. Flow zero all the way.

This is the way to build a bank: First one fails to succeed and thinks up a negative thought (counter-postulate) of one's own.

Second step: On the basis of this personal GPM the losses, considerations, and the charge of others can be pulled in and be identified with. Foreign GPMs are added to one's own.

As the last step, this unwanted accumulation of twisted postulates and mental mess is taken out on the GE and through it, on the body.

One's own incidents and postulates and one's entities' incidents and postulates send their aberrating impulses and commands down to the GE, and the GE starts operating in a fittingly aberrated way. It dutifully pulls out engrams which somehow seem to suit the requirements.

It tries to communicate what it finds upwards, to the command level, but nobody seems to listen.

So what can it do but release the engram contents downwards, to the body, and - behold! - the body gets ill. Small wonder, indeed.

So the reason why we put old soup cans into the hands of that body, is to measure what goes on further up the line. GE energy fluctuations cause changes in skin resistance. That makes the meter read. And from the read and the TA position we can tell that thetan, entities and GE are not in a state of harmony with each other.

You may look at this in terms of little gnomes and elves working away inside the body trying to do the thetan's bidding or, more abstractly, as vibrations and resonances between the interactive fields of thetan, entities and GE. Either way it comes down to the same phenomena.

There seems to be a limited number of modes of perception available to man. No matter what classical esoteric school of wisdom or contemporary New Age fashion you wish to follow: it all boils down to perceiving by means of positioning viewpoints, and to the interaction of viewpoints thus positioned.

One may perceive as a thetan from inside or outside one's body; one may perceive through another's viewpoint; one may perceive through the GE (human, animal or plant); one may perceive through mest.

That's about all one can do. Which is why no "new" esoteric trend ever comes up with anything novel.

### ***The Four-Layered Case***

What does the above mean for the practice of auditing?

It means that any situation the auditee wants to see resolved can be addressed on four levels.

Firstly, one may address the situation on the time track of the person concerned, of the auditee himself. When did it start, where, and how? Finding this out exactly will lead to either a key-out, a release or an erasure.

Secondly, one may address the situation with respect to the auditee's entities: how did they contribute to the trouble and complicate it?

Thirdly, one may address the situation with respect to the GE and its engrams: to what extent did they play a role?

Fourthly, one may address the situation with respect to the body: by recommending medical care, food, sleep, vitamins, exercise, and by suggesting the auditee stay away from drugs, poisons and electronic pollution.

In practice, these four layers of case do *not* necessarily follow each other in this sequence! You can't help starting with what the auditee offers you as an entry point. But whilst working on one layer you have to also be aware of the others so as to account for "weird session phenomena".

Nothing weird about them when you know that the session runs on four layers simultaneously.

This shows you in essence what a "bridge to total freedom" would have to consist of: it would have to handle the four levels of thetan, entities, GE and body in whatever sequence, so as to eventually put the thetan in full control of his shop.

Only then, with a healthy body, a known ideal scene and no entities or telepathic interferences keeping him from attaining it, could a person be considered free.

## AUDITING AND OTHER PRACTICES

### *The Thetan, Your Neglected Friend*

I believe that Ron Hubbard has contributed to the advancement of spirituality on this planet Earth in two ways: by emphasizing that thetans (i.e. all of us) are the source of space, energy, matter and time (and that therefore matter doesn't exist as independent of thetans), and by discovering the thetan's bank, in particular the bank characteristic for this planet, the R6 bank.

Everybody else (yoga, meditation, aikido, tai chi, shiatsu, shamanism) concerns themselves with investigating and improving the thetan's relationship to energy, but the thetan himself they take for granted. To live life better they use strict ethics and rigorous training.

Ron alone made the thetan himself the subject of investigation. By auditing his foreign-made GPMs (implants) and self-made GPMs he found psychological abysses hitherto unknown. He attempted to rehabilitate the thetan as the "source point" he sees him to be. (That he didn't succeed with this in *all* respects doesn't diminish the value of what was actually achieved.)

I have actively participated in various methods that teach a thetan to handle organic energy ("lambda", in Hubbard's terms): meditation, yoga, tai-chi, aikido, shiatsu, etc. I have audited some people who were highly adept in these methods. Despite their adeptness they would still respond to auditing. They found implants they wouldn't have dreamt of.

Why?

Because much as these methods teach a thetan how to control energy they don't make the thetan look at himself (in particular at the implants he has received or associated with energetically). They don't actually handle the case of the boss in the system. They leave him unchanged.

Take shiatsu: an accomplished master of this art can not only heal but actually re-mould bones and vertebrae. Of course, it isn't the man doing it himself, it's him influencing his patient's GE and appealing to that GE's ideal scene and its programs. I was told by an authority in that field that after some months or years of such treatment the actual mass of the bone will have taken on its proper shape and form again.

It works only as long as the patient doesn't put counter-postulates there. Part of the reason shiatsu takes so long is that the healer has to slowly change the agreements of his patient with regard to the patient's body so as to key out counter-intentions.

But he doesn't actually get the patient to analyse his GPMs and as-is them. This is where auditing is different. The difference lies in what's done with the charge one has detected: the shiatsu practitioner smoothes it out, the auditor finds its source. The shiatsu practitioner goes for key-out and release, the auditor for as-ising the underlying conflict (GPM).

But not to forget, there is some great virtue in disciplines like shiatsu, aikido or tai-chi, in that they strengthen the "body org" consisting of thetan, GE and body. They strengthen it internally by harmonizing the energies of these three "business partners". Thus they make the "org" relatively immune to disturbances from the outside such as radiation or "telefighting".

Auditing in contrast furthers the thetan's natural tendency to look outwards. Particularly solo auditing serves to establish "external security".

Tai-chi, shiatsu and aikido masters are specialists in GE matters, auditors are specialists in thetan matters. The difference between these two approaches to mental health could be used for their mutual benefit.

It seems to me that Ron Hubbard at the time he wrote "Dianetics", worked from a viewpoint similar to that of the eastern disciplines mentioned. Back in the 1950s he thought that the thetan was essentially a clean being, only interfered with by pictures from the somatic banks of the GE. He thought the body was the problem. His idea was to calm down the GE by auditing most of its key engrams. With this unwanted interference gone, the person was expected to be "clear".

In those years of the past (until 1952), Ron seemed to have known very little about past lives, let alone entities. He didn't seem to know that the thetan had a bank of his own. He thought there was only a GE bank. The GE bank consists of the recordings of death or near-death incidents received by human, animal or plant bodies in the past. Only later did he discover that there is a thetan bank, too! The thetan bank consists of one's own GPMs (ridges) and of others' GPMs one unknowingly identified with (entities).

### ***A Novel Type Of Meditation***

Ron's most significant technical innovation (in my opinion) is this: that he expanded the concept of meditation so as to include *two* people. TR-0 is meditation for two persons being there with each other.

This is one step up from Gautama Buddha's idea that one should just sit down by oneself, hold still, watch the flow of one's breath, not attach oneself to passing attitudes, emotions, sensations and pains, and see what would happen.

With that, Siddhartha Gautama cut through the complications accrued throughout some two or three thousand years of vedic practice. He told people to keep it simple.

In the same vein Ron - by saying that one should sit down *with another*, hold still, not attach oneself to passing attitudes, emotions, sensations and pains, and see what would happen - cut through the complications accrued throughout some two thousand years of Buddhist practice.

Yet again someone had to come along and tell people to keep it simple.

Rumour has it that Ron was Buddha. To my knowledge, Ron never claimed to have been the Buddha of 500 B.C.. Ron Hubbard was not Siddhartha Gautama. They were two different persons entirely. However, Ron does claim (in "Hymns of Asia") to be the coming buddha, the Maitreya.

It was mentioned above that eastern practices take one to a very high state of release and energy control. They release you from the bank and make you able to handle matter and energy way beyond the wildest assumptions of western science. Think of their healing powers! Their martial arts! Their control of telepathy and the "paranormal"!

Fabulous stuff. Yet seductive, too! Which is why Hubbard used strong words against it (LK3/ p.114).

One particular discipline doesn't concern itself with energy at all, though, and that's Zen Buddhism. Up to the present day, Zen masters keep emphasizing that nothingness (static) is the source of all things. So by Hubbard's standards they could probably be considered ok.

### ***Ron Hubbard A Clandestine Zen Monk?***

It's quite intriguing to look at Hubbard's technology in terms of Zen Buddhism.

Zen Buddhism is very much a "now!" discipline. Ron refers to this as "stay in present time!" or "doing what you are doing whilst you are doing it" (his

definition of power). Using that as a maxim of course bypasses all auditing and leads right over to the subject of ethics. It aims at the static aspect of the thetan, at the awareness of creating one's actuality by postulates alone

For example, if one maintained that the ups and downs of one's life were entirely due to oneself having fallen prey to suppressive persons in one's past, and if one maintained further that this condition was going to be improved by auditing sometime in the future, one would forget that the condition is *now*, that it is being created now, and that from the viewpoint of ethics the past is no excuse for not making it go right in the present: there is only "now".

This principle actually underlies Objectives Processes. They are merciless in that they don't permit bank to be an excuse for bad performance. "Touch that wall!" - "Thank you!" - "Let go of that wall!" - "Thank you!" - "Touch that wall!" - "I have a headache!" - "Never mind, just keep going. Touch that wall!" - Etc.

The most fascinating process command Ron ever came up with was: "Change your mind about it!"

Auditee: "I hate being lonesome, ugly, ill and a total failure." Auditor: "Fine. Just change your mind about it!"

Doesn't work. Demands an ability one may command at the top end of the bridge, not before. But nevertheless: this is what it's all about. Why look at explanations? Why look at the past? Just change your mind about it!

The picture is not the thing. So why be afraid of pictures? Why be afraid of something oneself or another is mocking up? Why be the slave of one's own considerations?

You, the static, should be able to change the thing you have constructed (your mind) to suit the job better.

"There is beingness yet man thinks there is only becomingness". You remember this from the Factors? Not a far cry from "one's all-pervading Buddha-nature is ever present".

Auditing in a way compares to contemplating a Zen koan. The auditor (the "authoritative master") takes up an item the auditee (the "disciple") has originated previously. The auditee focuses his attention on it, makes it the most important thing in the world, builds up mind-bending tensions, associates blood-curdling thoughts and pictures with it, eventually realizes what he is doing there - and laughs about it.

This is the static playing games with himself.

The good thing about eastern disciplines (and this is where scientologists have a lot to learn) is that a master guides a disciple. They don't permit the blind to lead the blind.

It's not "the tech" that does it. It's the wisdom of one's guru.

### ***Creating Nothingness***

A further Zen-Buddhist feature in Hubbard's work is his concern with the duality of somethingness and nothingness.

In order to keep communication flowing, the auditor (or indeed anyone) must create nothingness (a vacuum) between himself and the other terminal. He does so by TR-2, acknowledgement.

Acknowledgement leads to as-isness, no matter if the terminal is a thetan-mind-body composite or consists of thetan plus mind only. (It's telepathy in both cases anyway.)

The thetan creates his viewpoint and stays centered. That's TR-0. He extends a comm line. That's TR-1. Along that comm line he receives an inflow. That's a somethingness. He acknowledges (TR-2), and again there is nothingness. He is ready for the next load to come in. No overwhelm.

### ***Thetan and GE: A Loving Couple***

Let's have a look at eastern practices with "ki" or "chi" as part of their name: they focus the practitioner's attention on the area just below the navel (called "hara"). By focussing on this point the thetan creates his space via the main command post of the GE. He works "through the navel", as it were.

This means they make the thetan consider and include the GE in what he is doing. He acts "in step" with his GE. His power and that of the GE combine. That gives him a lot of power.

Very wise indeed!

In contrast, Hubbard takes his approach not through the navel but through the forehead (6th chakra), the major command post of the thetan. He goes "through the mind" (dia nous → dia-noetics → dianetics).

This emphasis on the mind unfortunately made the whole subject of scientology very head-oriented. So much so that body and GE became ignored, if not despised. Very unwise indeed!

The thetan loves logic and KRC. He thinks in the linear mode, he thinks in terms of cause and effect. He likes to focus his attention to a narrow beam.

The GE loves emotional warmth and ARC. It "thinks" in the lateral mode, in terms of broadly sweeping associations. It tends to spread its attention all around.

Both are useful, depending on the situation.

This has nothing to do with the left and the right half of the brain "doing" anything. As usual, the brain just reflects "theta electronics" in the form of most electric discharges. Right or left brain predominance in certain people just shows who is the boss: thetan or GE.

The closest Ron ever came to handling the GE directly, is the Touch Assist.

The Touch Assist doesn't work "through the mind" but through GE and body. To be more exact: it works through putting the thetan's attention on two energy flow lines which run up each leg from the heel, pass the spine on both sides, continue up the back of the neck, circle the head like a crown and unite at the forehead. Anyone familiar with yoga or shiatsu knows these lines. By putting the thetan's attention on them, knotted-up energy is released and made to flow again.

Ignoring body and GE is nonsense, of course. Because it would mean ignoring what's *there*.

Next time you do TR-0, try do it through the navel, i.e. include the GE in the process. Notice the difference!

The art of confronting is often misconstrued to mean taking things on "with your forehead" ("frons", Latin, means forehead). Perhaps this is the reason why scientologists, particularly on a group level, often act like bulls in a china shop when it comes to confronting their environment and the people in it, all in the stalwart effort "to make it go right".

Whereas followers of eastern practices tend to be very mellow in their social interaction. Often to the point of getting nothing done!

I'm sure we can learn from each other.

### ***West Meets East***

The innermost ruin of an auditee usually cannot be handled by lower level auditing alone. It takes the whole bridge to do so. And more than that, as we'll see in a moment.

After removing his own charge, one would have to remove his entities first (on Solo 3 and Excalibur), then unburden the GE of its engrams (on the GERD), and eventually undo the auditee's games postulate fabric (on the SEPP).

Now that's a long way to go. Yet one cannot always wait that long! The auditee - particularly if that innermost ruin was in restimulation for a long time - may be in need of urgent help! So what to do?

Answer: proper nutrition, proper exercise, proper relaxation. For this I warmly recommend yoga, meditation, tai-chi, aikido. No better way to smoothe out and harmonize body, soul and spirit! Works only on a key-out basis, yes, gives great releases but no erasures, yes, doesn't touch GPMs, yes - but provides a platform successful auditing can stand on.

"Squirrelling"? No. This is not mixing practices. This is using the right practice for the right job at the right moment.

We have to take a holistic (wholesome) approach. Looking at one part we have to consider the whole. What do others have to offer that might help us to fix things?

You have a tooth ache? See your dentist. Broken arm? Get it put in a plastercast. Overweight? Go on a diet. Stiff like a log? Take up yoga. Aura all spotty? See a tai-chi or aikido master.

Bottom line: get the GE purring like a cat by ordinary means, then use auditing to handle the thetan. Instead of wasting loads of good auditing hours on the fruitless effort of running rudiments or engrams on a chainsmoking workoholic who never sleeps and eats properly.

# **Chapter Two:**

# **Getting Started**

## STEP ONE: THE INTERVIEW

Now supposing you had a client and wanted to get him started, what would you do?

Or rather: what would *I* do? (Because, remember, this book is about *my* way of working.)

First thing I'd do is an interview. E-meter, cans, pre-session checklist, pen, worksheets. The whole sacred ritual. And a good long thorough interview it should be, until I understand what the person wants to get handled, until I know his timetrack with all periods when things went well for him and when they went off the rails. With all reads and TA-motions noted. May take an hour or two. Or three. It is centered around the following: what does the person want handled? How is he doing physically? Sexually? Does he have a goal in life? And lastly: his life with all its ups and downs. (For specific interview questions see LK2/p. 177.)

And all along I speak to the auditee in plain language. I don't use technical terms. I explain everything I do with reasons why. I make this whole thing look like born out of functional necessity, not dogma or ideology.

I tell the auditee that his TA is high when it's high, and what that means. Although he may be totally green I make him wear his hat as a solo-auditor from the first moment he holds the cans. How else is he going to become a reliable team partner in session, particularly when the going gets rough?

We are doing what we are doing because there are practical reasons for it. This is what I'm getting across to the auditee. I gain his trust. He may not even know that I'm using Hubbard's methods. As long as he doesn't ask there is no need to tell him.

No need to run an advertisement campaign for scientology. After all you wouldn't expect a doctor or psychologist or architect or tax consultant to explain to you the complete key terminology of their trade including who they had studied with and what leading figurehead they favoured, before they start on the job.

All you'd want as *their* client is to sit down, explain what you need, and see it getting done.

It's the same with auditing.

As a general rule, I challenge the auditee's answers (whether in session or in an interview). I never invalidate what he says, I never evaluate it in terms of his case, but I do ask: how can this be? How does this fit in? Does it add up to what we know already or does it contradict it? What does this *really* mean?

Make sure to get it from the *auditee's* viewpoint, from the reality of *his* universe. Don't go into social agreements with him when you only think you understand. You must *fully* understand. Don't agree, don't commiserate, but get to the bottom of it. "My wife has beaten me up!" he says. "What's wrong with that?" you ask. "She might've killed me!" - "Ok - what's wrong with that?" - "Well, I'd be dead!" - "And what's wrong with that?" - "Well, look, I'd stop existing!!" Blowdown on the meter. *Now* you've got an item! Lockscan "times you thought you'd stop existing". It's likely to take him down to a major whole track implant.

### ***A Rule Of Thumb***

Here is a rule of thumb for interviews as well as 2WCs:

1. Find out what *exactly* the auditee is upset about, what *exactly* he wants to see changed. Get a real "itsa", i.e. BD on the meter and certainty in the auditee.
2. Find out what he did to resolve his difficulty and how come he failed. This will give you the "can't do" consideration, the SerFac. And that's your entry point into the case.

In brief: have you auditee define the situation (1) and trace the underlying GPM (2). That's all. Easy as pie.

## STEP TWO: THE PROGRAM

Now that you have done the interview you study and analyse it and write a two- or three-page thesis on it, leading up to a sequence of steps regarding the handling of this case. In a word: you make a program.

You consider the totality of the person in front of you (as reflected in the interview), you consider what his attention is on the most, and on the background of your conceptual understanding of the tech and the mechanism of the mind and work out a program.

Normally you would put the biggest reading area on top of the list, because that's where the auditee's attention is fixated the most (LK2/p. 185). Now here is a major addition to or deviation from, this procedure: when the auditee mentions a postulate in the course of the interview, you take up *that*. With preference.

Example: biggest area of charge is pets in general and cats in particular. Second in line a compulsion to clean things and keep them supertidy. Third: attics, cellars and other dark places ("fear of the dark"). Then, last item, an occasional asthmatic fit. And amidst all that the reading statement: "I'm so busy, I can hardly catch a breath!"

"I can hardly catch a breath!" is a postulate. It's a SerFac. It's used by the auditee as a reason for his failures.

And although it may not have had more than a sF (which is a lot less than the added-up reads of the other areas), this is what you pick up with preference.

### ***Postulates First!***

A postulate is a phrase referring to an intention to be, do or have, or avoid being, doing or having. It's worded in present tense. ("This kills me!" - Not: "I'm afraid that this might kill me one day.")

The best ones refer back to the person speaking (i.e. they contain the word "I" or "me").

Some postulates may look like mere descriptions of situations. "I can hardly catch a breath" would be an example of that. It's the emotion and the read on the meter which tell the tale.

Not all situational descriptions are postulates. "I sit on a chair" is not a postulate. Neither is "I'm overweight". So how does one tell? By looking at the

accompanying emotions and reads, as I said above. By looking at the type of statement it is: it could be a fairly neutral description, a general conclusion or a dramatic new comprehension ("itsa"). And lastly you can tell by looking at the auditee's life. Because a true postulate will determine the run of the auditee's life, and in his life it will show if what he said was a postulate.

So a postulate you take up with preference. You invite the auditee to briefly talk about it (2WC). You ask him to give you some examples of how and when this sort of thing shows up in his life (repetitive recall). You get him to find the earliest time when this happened and have him come up to present time (lock scanning). And after this, you have him repeat that postulate (repeater technique).

You'll find that each incident that's washed up by repeating the postulate has either to do with cats, a cleaning compulsion, fear of the dark, or asthmatic fits. The whole case may be hinged on that one postulate!

Had you handled the various areas of attention by means of ruds, prepchecks or engram chains you might have gotten there eventually as well, but it would have taken longer. Working through the postulate is more elegant. The direct route to the core of the case.

More exciting for the auditee, too. Keeps him in session like you wouldn't believe.

Plus you don't need to explain to him the complexity of rudiments or other high tech approaches beforehand.

### ***The Positive Postulate***

We are used to looking at charged postulates as negative, because usually they come in form of second postulates (negative) which lead off the path defined by the first postulate (positive) or even stop an activity entirely.

Yet occasionally the auditee mentions a positive first postulate, and more often than not it will be charged!

How come? Because statements like "Alertness always pays!" or "There is nothing I couldn't fix!" immediately bring to mind times when that person *failed* to be alert or *failed* to fix something!

Such postulates are highly charged because they are connected with losses. They are often used as an "affirmation", a remedy for a half-recognised situation, and most likely will be a generalisation, and not worded precisely. So don't ignore them just because they sound positive. As long as they aren't pronounced with an F/N, there is something behind them (see LK2/ch. 4.4).

## STEP THREE: POSTULATE AUDITING

The procedure outlined above is described in LK2 as "Postulate Auditing". Why Postulate Auditing as the first and major part of the program?

Well, you don't *have* to start this way. You may start with TRs. If coached well, by an experienced auditor, TRs may be as intense an experience as an auditing session! A very important step indeed.

You may as well start with CCHs or other objective processes. If done sensibly, with proper attention to gradients and by staying well in communication with the auditee, they work wonders.

You may start with rudiments or the Grades. You may start with anything as long it is what the auditee in front of you *needs*. There is no other rule.

Why then do I suggest Postulate Auditing as the first part of the program? For various reasons.

First, because it satisfies the client's wish for therapy. That's what he came for, after all! He has undesirable AESPs and wants you to help him getting rid of them. That's therapy, at least in the client's understanding of the word. (Therapy, by the way, is taken from the Greek and means "service", in the sense of "something done by a servant".)

Second, because it allows the auditee to explore his mind in depth. It sends him on a usually unprecedented mental adventure tour. After that he'll understand that he's in for much more than a mere psychic repair job. He's in for exploring the terra incognita of his mind!

When he has understood that, you have found a partner who it is fun to work with: someone with a purpose, with self-determinism and the intention to get to the other end of the tunnel.

Third reason: now that you have turned the auditee into a partner, into someone who understands the route and accepts you as a guide, it will be a lot easier to explain to him that he should do some TRs or objective processing, that he should put order into his life (ethics program), that he should stop smoking and drinking, take a break off work, sleep, look after his nutrition, and so on.

He will accept this as a necessary part of the way. He won't feel that some weird ritual is enforced on him by the overpowering authority of a therapist or some expert in esoterics. He'll see that what's done is based on functional reasons, not dogma.

So after a dozen hours of Postulate Auditing I might branch off into a nutritional handling, suggest that the auditee put order in his life, or put him on TRs or Objectives.

In my experience Postulate Auditing really is the simplest and yet most exciting tool for both auditor and auditee. This is because it combines the basic yet powerful techniques mentioned above: 2WC, repetitive recall, lock scanning, narrative, repeater technique. It traces and cracks GPMs with full control of the procedure and always on the right gradient. I'm using it more than anything else.

At the time LK2 was written, Postulate Auditing had already been researched by me for a good three years. And now, four years later, I'm still in favour of it. Teaching the method to auditors made me realize that some points need further clarification. Which is why I'm going to go into this for a moment.

### ***"Item" Defined***

An item is more than what it says in LK2. It is more than an AESP (attitude, emotion, sensation, pain). It could also be a terminal (person, animal, plant, place, thing). It could be an activity ("my job"). Or it could be a state of being, doing or having. Lastly and most senior to all, it could be a postulate.

### ***A Gradient Approach***

Whatever item you choose to audit, have the auditee look at it on the gradient suggested above:

1. 2WC to find an item or to get the auditee warmed up to an item found earlier.
2. Then have him give you examples by repetitive recall procedure: "Recall a time when such and such happened to you". Answer. "Thank you. - Recall another time when ... " Answer. "Thank you." And so on.
3. When the repetitive recall flattens off, or when the auditee starts wandering down the track all by himself, change over to lockscanning: "Earliest time that comes to mind just now, when this happened?" Answer. Acknowledgement. Then from there to PT. Then back to the beginning: "Earliest time that's available *now*?"  
This takes the auditee down to a basic incident on a really smooth ride.

4. When the basic incident has been contacted: run it through repeatedly to erasure (narrative). Make sure you get the actual beginning. Keep asking: "Is there an earlier beginning to this incident?"

Also get the games context. How on Earth could this have happened to him? How did he manage to get involved in that sort of situation? Sooner or later a games postulate (positive) or a counter-postulate (negative) is going to show up. Either is part of the GPM you are going for. You want a postulate, either as the decision to play a role in a game or as the decision to change that role. The latter is the lie he told himself (and keeps telling himself) to justify failing.

Perhaps the basic incident found wasn't the incident when this particular counter-postulate (or altering postulate) was made originally. The auditee might only have found an incident when that postulate keyed in. That's a "relative basic"; it's as much as the auditee can see at this time. He can't look any deeper. That's fine, don't worry. The next gradient will get him there: repeater technique.

5. Use repeater technique. It will pull the auditee towards the absolute basic like an elevator going down with its cables cut.

More than one incident will come up on the way to the absolute basic. Some will be his own, others those of others. The auditee will drop valences like a snake shedding old skin.

Each incident is taken to F/N by narrative style auditing. Then once again repeater technique on the postulate. Next incident coming up. Narrative to erasure and F/N. Again: repeater technique on the postulate. Next incident. And so on, till the postulate itself F/Ns whilst the auditee repeats it.

That F/N means: a GPM postulate has been looked at with full awareness, has nothing left associated with it, and can now be put in proper perspective or be cancelled.

That's a major case change.

The beauty of it: you get no stuck TAs like in running engram chains earlier similar, earlier similar, earlier similar. Because you are always dealing with *one* incident only. Keeps it simple.

There is no need to take each of the various actions of this gradient approach to F/N separately, such as 2WC, repetitive recall, lockscanning. You do erase *incidents* to F/N, yes. And you take the *item* to F/N, certainly, the item the

auditee originated, the item that started this search for incidents - but there is no need to get a formal F/N on each of the methods involved!

### ***Narrative Style Explained***

Let's look at the narrative style a little closer. How often do you have to go through an incident before it can be considered erased?

Three times, five times, thirty times, fifty times.

As long as new data come up or old data are being corrected, as long as the TA moves, you are in business. The auditee will move up the tonescale as he narrates the incident, he will go through the boredom band and dramatize boredom, but you don't pay attention to that, you keep right at it and have him run the incident a few more times. It may F/N in between or at the end. Keep going. Until it's erased and the postulate has popped up.

How can one tell that it's over? Easy. When he started out it took him five hours to confront the incident - with full dramatization of misemotions and physical sensations and somatics. Now, twelve hours later and after fifty times through the incident, he can go through it in two minutes and giggle about it.

What a difference!

How do you get him there? Here's a trick: when the auditee gets bored telling you the incident, ask him to speak to you eye-to-eye, to tell you his incident straight into your face. "Tell me the whole thing again, but keep looking at me!"

When his attention is still locked up inside the incident, his eyes will wander off and he'll get drawn right to the points that need looking at further.

This breaks the old beginning-to-end tedium. And it adds a sportive note to the session: "Well, try again. Perhaps this time you'll manage to get through the incident without any distraction."

When he is through eventually, you'll know it. And so will he.

### ***How To Turn On A Picture***

Now supposing the auditee contacts something awful and unspeakable deep down the track and hasn't a clue of what it might be, with the TA rising menacingly - how does one get him to run it?

Four steps will take him there:

1. Have him describe anything he sees or feels. No censoring of pornographic details, no screening off "unimportances". Any sensation or somatic should be taken into account. When the somatic strip gets

going, the auditee will get answers via body and GE long before he has any pictures. Just take the viewpoint that anything he sees or feels from the moment he first contacts the incident, is part of the dramatization of this incident. Follow that trail! That's what you have a meter for.

2. Have him get oriented inside the incident. Does the scene take place indoors or outdoors? Day or night? Summer or winter? How many people there? Where is the camera posted? From what angle is the film taken? Who is the camera? Is it the auditee from the viewpoint of his eyes? From an exterior viewpoint with him seeing his own body? Is it filmed from the viewpoint of another?
3. Now that you found out about time, place, circumstances and the identity of the observer of the incident, you'll find the picture starts moving. What seemed a still picture turns into a movie. Now the sequence of events starts showing up all by itself.
4. Have the auditee run the incident from wherever he began, to the end. Then only have him find the beginning. And through to the end. And then: earlier beginning? And run it through to the end. And so on.  
Easy as pie at this stage.

Now what about the postulate? In many cases it will be voiced as unexpectedly as a fish jumping out of water. Often the auditee will have voiced it without knowing he did. This is where the auditor has to be extremely alert and quick with his pen! So that he may indicate the postulate to the auditee after the F/N has occurred (if needed) and verify its correctness with him.

This is crucial for the rest of the procedure which after all depends on repeating the postulate.

### ***How To Get The Postulate F/Ning***

A typical situation: no further incidents are being washed up whilst you are using repeater technique on the postulate, and the auditee starts wondering why he should repeat the postulate any further. But no F/N in sight yet. What to do?

In order to get the postulate F/Ning you may apply the same trick as on narrative procedure: ask the auditee to give you the postulate repeatedly with good TR-1 and to keep eye contact with you all the while.

Supposing the postulate was "It's useless!", you get the auditee to make that statement straight into your face with full conviction! He has to say it as if he

believed it! That's very important. That's vital. Only this way will he as-is it in the sense of fully ending cycle on it.

He as-ised it when he made it originally, at the beginning of the cycle (creation). Now to end the cycle he has to as-is it again (un-creation).

Asking the auditee to keep eye contact with you will produce three effects in sequence. First effect: the auditee will find some further incidents, usually minor ones, and blow them by mere inspection. Second: he will start giggling and line charging. Third: he will say cheerfully, with mock conviction and a grin on his face: "It's useless!", and he will be F/Ning. He will be saying it with a sense of present-time identity and disconnected from his past. He will be saying it as himself, in his own valence, which makes it obvious how he permitted himself to shift into a different valence at the time.

No further resistance. Not further associations. No karma. F/N.

To start with, when the auditee discovered this postulate, he considered it enigmatic or sinister and ruinous. He took it seriously. At the end he knows it's just something he created, and he can laugh about it.

It's like saying to a child: "I'm Santa Claus". Although you know that you aren't, you still say it with full conviction in order to be impressive.

In a way it's like the famous process "Tell me a lie!" Once you see the joke of it you get an F/N. Likewise, in repeating a postulate there is a point when the auditee knows that this second postulate is an untruth. (Whereas the first postulate is the truth. At least his own.) So he knows he's telling a lie. And since he *knows* that, he can fully feel in harmony with it, whatever he might say. And that's expressed as an F/N.

GPMs are the static play-acting with himself. In order to have a game, he mocks himself up as a thetan and has himself experience traps, losses, and misemotions.

He makes counter-postulates and identifies with them with full conviction in order to be impressive, if only to himself.

When he comes to realize this in session or otherwise, he can't but laugh. Because he has contacted himself again: himself as source, not as that little play-thing down there.

## ***Original And Derived Postulates***

Repeating postulates lead to incidents, as we saw. Yet those incidents may yet again contain postulates! They may be re-phrasings of the original postulate. Or they may be new and different postulates in their own right. And they may have even bigger reads than the original postulate you are using as the auditing item!

What to do?

Easy: put them on a postulate list for later use. Work with them (starting with the biggest reading one) as soon as your original postulate has F/Ned. Not before! Because that's your major cycle of action, that's what you want to complete before you do anything else.

So here's the rule: First the original postulate to F/N. Then the derived ones, in sequence of read size, each one to its own F/N. You must of course ensure that the auditee is interested. This usually shows as soon as he has repeated that particular postulate a few times. It will either bite or F/N on "no interest".

## ***TA Trouble***

Usually each incident washed up by repeating the postulate, will F/N. You should work towards that EP by all means.

However, occasionally a second incident (B) will slide in as soon as you have reduced the first incident (A) sufficiently. Once A has lost power the door is open for B, although A isn't properly erased yet.

Consider that they are "all around" the auditee, waiting to slip into the next slot that opens and enter the auditee's awareness.

Incident A was reduced, B has slipped in and taken A's place. So you go off A and handle B. No matter if it's the auditee's own incident, that of an entity, a valence or the GE: you handle what the auditee's attention is on. (Applies just the same for solo, of course.)

The consideration of "them hanging about the auditee waiting to catch his attention" describes the actual relationship between thetan and case a lot more aptly than the time track model which makes it look as if the auditee had to "go down the track", or as if incidents were "lined up along a track".

This is alright as a metaphor but strictly speaking it isn't true. Case exists to the extent that it is mocked up. And it isn't mocked up down the track somewhere, but right in present time and in the vicinity of the auditee's body. For which reason he looks grey and massy and has a high TA.

The auditee, as a thetan, doesn't move. He just watches his mental screen and its many programs, each showing a time track of its own. He may zap from

one channel to the next and back, sure, but it's still happening on the screen. He himself doesn't move.

So when B shows up and A dives off, you handle B. And then C may show up, submerging B! Fine. Handle C to F/N. And then go back to B, taking it to F/N, and then to A, taking it also to F/N.

Just finish cycles of action. It starts with a read, it ends with an F/N. What happens in between may be very straightforward or very longwinded, but never mind. As long as you don't lose track of what you are doing, it will all come out well.

Conflicting postulates create masses. They work like a magnet pulling the auditee's attention units towards them. All you have to do is follow the auditee's interest and all will be well.

So always audit *with* the bank, never against it. Just make sure you complete cycles of action.

### ***Two Levels Of EP***

An auditing EP must be in accordance with *both* aspects of Axiom 38. The auditor must get the exact time, place, form and event as well as the exact consideration (the postulate).

An erasure of charge from a situation of the past (a "blown picture" as the jargon has it) accompanied with full recall of that situation and an F/N on the meter is a 7th dynamic EP. It means mental mess has been as-ised.

A postulate found and rendered unworkable by stripping all associated pictures and energies from it (by means of repeater technique), is an EP on the 8th dynamic. Here a thought, a concept, a consideration has been as-ised.

# **Chapter Three:**

# **Moving Upwards**

## **RUDS, GRADES, REPAIR LISTS, RUNDOWNS, ETC.**

Now what about all the other tools of the auditor? What about Ruds, Prepchecks, L&N, D/L, Rehab? What about the hallowed Grades?

What about the "standard" set of rundowns considered indispensable by some, like the PTS RD, Drug RD and Int RD, not to mention "standard" case assessment lists such as C/S 53 and Green Form? What about all of those?

One doesn't need most of them. Mind you, Ron didn't devise them for the auditee but for auditors in training. So once one can audit expertly one can do without those crutches.

This is what he says: "Well, you know the fundamentals ... If you were capable of applying the axioms of Scientology immediately to the problem of another fellow human being, you theoretically could dream up enough processes to satisfy adequately every single condition which you would meet. But it has been found by experience that auditors do not do this. So we have codified processes." (From "The Fundamentals of Auditing", a tape of January 11, 1955.)

So let's keep it simple. All auditing tools fall into two distinctly different categories: number one is "basic tools", number two is "combinations of tools" or "packaged tools".

*Basic tools* are those that can't be reduced to anything simpler. They are: 2WC, repetitive recall, recall by chain, narrative style, repeater technique, and "single item techniques" (such as assessment, L&N, D/L) in combination with "indication of a correct item", i.e. strong TR-2 (LK2/ch. 4).

*Packaged tools:* All rundowns consist of combinations of basic tools, put together for certain purposes. Ron Hubbard did that. Senior auditors in the Church of Scientology (such as David Mayo) did that.

Postulate Auditing is such a package. I did that.

Every auditor has the right to put together a rundown from basic tools for a certain purpose. Nothing wrong with being creative.

"For God's sake, get busy and build a better bridge!" - remember that line? It's the last one in the book "Dianetics".

Rudiments are packages as well. Look at the complexity of an ARCX handling, for example! It contains assessment, 2WC, recall by chain, even narrative (when a large secondary is contacted).

Each rudiment is a specific mixture of basic tools and has to be run accordingly. (There lies the art of running ruds.)

So what tools should one use, and when?

As this book is about how *I* work, I'm going to give a personal answer to the question: basic tools I use fully and extensively. It would be impossible to audit without them. In terms of techniques, they are the very stuff auditing consists of.

Use good TRs and those basic tools, and you can audit anything.

Packaged tools I use sparingly only. Rudiments and prepchecks, yes. Grades, no. No "standard" rundowns, either. Repair lists, never. (And why should one, anyway? Just ask the auditee! He knows what's wrong. Good 2WC replaces repair lists anytime.)

So what do I do? I ask the auditee what he wants handled, and that I handle. Pretty much by means of basic tools only.

When several areas of attention need handling, I put them in a sequence and handle them one by one. Biggest reading one first. And it's basic tools all the way.

As most of these basic tools are combined in Postulate Auditing, I use Postulate Auditing nearly all the time. Handles anything: drugs, PTSness, out-Int, high TA.

It's always the same routine: 2WC, get a reading item, repetitive recall, lockscan to a basic, narrative on the basic, erasure with postulate off, repeater technique on the postulate.

Life-changing cognitions ensue.

At certain times Postulate Auditing is not useful. This is when the auditee gives you no AESP as an item, but a terminal or activity he feels unhappy with. Father, mother, the taxman, cats, dogs, cars, buildings, countries are terminals. Going to work, swimming, doing the laundry are activities.

Usually an AESP is mentioned in context with the terminal or activity, if only as general an attitude as "I don't like him". In which case you could go right into the Postulate Auditing sequence. However, occasionally an auditee will mention a reading terminal and complain about him, yet his complaints may not read.

So although he voices AESPs in connection with that terminal, they don't read. Situation: no reading AESP but a reading terminal.

This is the moment when one should use rudiments or the prepcheck.

### ***Rudiments Are Real Auditing!***

Rudiments are a very direct action, like pointing at something with your finger. The prepcheck, by contrast, has a more sweeping quality. Rudiments require good conceptual understanding from both auditee and auditor, as well they require excellent session control from the auditor. The prepcheck is much easier on both of them.

Use what you or the auditee feel most comfortable with. Both serve to poke about in an area and find useful items, in particular postulates.

With experienced auditees I don't go through the ruds one by one but assess them.

Supposing the item was "school teachers" it would go like this: "Regarding school teachers, do you have an ARCX - a problem - a mw/h - an overt - feel invalidated - evaluated?" Note all reads. Take the biggest one up first, audit that rud to F/N. And then re-assess! Don't go back to the reads from the first assessment but re-assess. By removing one lump of charge from that area you have destabilized it. It will re-assemble differently from before.

Therefore: a new assessment each time, till all ruds F/N.

Each rudiment is handled by the gradient approach pointed out earlier: 2WC, repetitive recall, lock scan, narrative (till the postulate pops up). However, they aren't all audited the same way. There are distinct differences. (See as well LK2/ch. 4.3.)

**ARCXs** are 2WC'ed until one has understood what happened, only then are they assessed. With any good luck they key out on the correct indication of the charge and F/N. When they don't you'd normally go earlier similar - and risk running down an endless chain! Because what part of the earlier ARCX is being compared to the ARCX at hand? It could be anything!

It's much better to get the postulate in the ARCX with a brief 2WC after correctly indicating the charge. "At the moment your affinity was refused, what did you feel like then?" - "Well ... I felt like a lonesome child, really." - Blowdown on the meter. *That's* the valence he is in! "A lonesome child"! Now you've found an item you can safely and successfully work with. First repetitive recall, then some lock scanning down to the basic, narrative on the basic, postulate, F/N, repeater tech on the postulate.

**Problems:** Usually the auditee will give you a surface difficulty as the first answer. You have to find the postulate / counter-postulate structure behind it. That's the 2WC part. This may take quite some time, mind you! And it's well worth investing some time here, because without an item you can't do any sensible auditing.

Example: "I hate my job", says the auditee. Sounds like the answer to an ARCX but it read as a problem. (This is presupposing that the auditee knows what you are talking about when you say "problem".) So you 2WC this. He thinks people make life difficult for him at work. More 2WC. He wants to leave but can't leave. Fear of unemployment. We are getting closer! More 2WC. Finally: "Well, without work I'd be as good as dead!" BD on the meter.

That's the attitude that ties him down and makes it impossible for him to choose freely! Now that you've got an item you can do your gradient approach of repetitive recall ("Just give me some examples of when you felt as good as dead!"), lock scanning to basic, narrative of the basic to postulate and F/N, repeater tech on the postulate.

**Overts and missed withholds:** They are run the same way. (You can't talk about one without mentioning the other.)

So let's say mw/h read. The charge is on someone having missed the withhold, thereby restimulating it; the actual handling is different, though: first you handle the w/h (which usually takes you down to the overt behind it), then you handle when it was missed, i.e. you discharge all the encounters when people acted in a strange way towards the person and he felt found out.

Again you start out with 2WC to get into the first part. This brings to light what wasn't said and what the actual overt behind it is. There is no system. Just explore each read to get the full picture. Find time, place, circumstances, sequence of event, who was there, etc., etc. Says the auditor: "Now that we know everything about your sexually molesting your teenage daughter, let me refer back to the auditing question and ask you: where in all that is the actual missed withhold?"

You see, the charge the auditee got off so far was on the moral side of things. It was on him knowing that what he did was forbidden. Yet he was brave and managed to tell you. Lots of reads and TAA. He went through the incident three or four times to get all details. But where is the missed withhold? That's what read, after all, and he hasn't answered up to it yet.

So you ask him: "We know now what you *did*. But what is it you *withheld*?" If he felt alright about it there wouldn't be any charge. So there *must* be something beyond the circumstantial and moralistic stuff that bothers him, a transgression against his own code of honor, a rock bottom Ser Fac, and it must have the form of a w/h. Because that's what read.

His answer: "I didn't know how to love her!" He breaks down on this, sobs, tears. *Now* we know what it's all about! We have discovered the rightness beneath all that wrongness. He loved his daughter, couldn't express his love, felt rejected. It's a withhold of love. He wanted to give love and withheld it. Until the tension erupted and was dramatized as sexual molestation. He managed to bury the charge for thirty years (that's the withhold), now it was restimulated for some reason or other (that's how it was missed).

How it was missed and who missed it isn't really important. That's just a chain of ARCxs on the basis of his fear of having been found out. To change that person's attitude it is much more important to detect the real reason for his misbehaviour: the postulate. This is easy, because now that you have found a decent item you are once again on the main line of your gradient approach: repetitive recall on "not knowing how to love her" (whosoever "her" may be), lock scan, basic, narrative, postulate, repeater tech.

And then, if still needed, you can have the auditee look at who missed that withhold.

***Evaluation, invalidation:*** They are not a hard job. Usually the postulate falls into your lap. 2WC who or what invalidated him or made him feel evaluated for, and get what he felt like just then. And there is your item. (Similar to the ARCX handling above, yet with no assessment.)

## THE AUDITOR'S THREE-DRAWER TOOLBOX

So far, we have spoken of the auditor as someone who restricts himself to giving a session. There is a lot more for him to do, though! Because in order to free a person spiritually, it doesn't suffice to have the auditee look down his time track and recognize the reasons for his bad habits.

If you did only that, your auditee would be left in a state of no havingness, of disorientation. To get a complete job done, one must as well build up new habits. For this reason the auditor has to be as well a coach and a supervisor.

He must coach his client on TRs, on Objectives, and on the theory and practice of auditing (should the auditee want to become a solo auditor).

As well he must teach his client the admin scale, the org board, and the principles and conditions of ethics.

And not only must he teach that, but demand results: he must ask his client for a demonstration of competence. He must look for visible life improvements: does his client have a stable 2D, a good income, is his nest in good shape, does he know and work along his purpose line, etc.?

It may take years to get there. *Years.* Years of care, of interest, of intention. Nothing to do with auditing only. It's building a new attitude towards life. Taking down the old one, building a new one.

It takes some work to do that, for client as well as coach. Doesn't happen automatically. And auditing is only a small part of it.

Certainly, a few hours of auditing or training will give a person a big win. But a big win is just that. It doesn't mean much in terms of life changes. Same goes for a big cognition. What follows from it? One has to make it real in life, that's the trick!

So it takes auditing, training and ethics to take a person from where he stands to the fulfillment of his dreams.

Did I say "fulfillment of his dreams"? I did indeed. It may take a whole lifetime. Or several.

What does auditing do? It rehabilitates *beingness*: the willingness to be, to fill one's chosen role. It's the state of mind permitting one to recognize one's hat.

From that follows *doingness*: the willingness to do. "Doingness" doesn't mean "doing something". It means: "a state of mind permitting action".

It is at this point (not earlier) that training becomes possible. Because the chief prerequisite for training is doingness: the willingness to confront the actions ensuing from the hat one has chosen to wear (beingness).

Training teaches one to wear that hat. Training without a willingness to wear that hat, is pointless.

Now that one has recognized one's beingness (the many hats that add up to one's beingness), now that one is willing to confront the pertinent activities and is trained to do so, an even higher willingness comes into play: *havingness*.

Havingness in principle means: able to confront something or nothing with serenity (LK2/p. 123). In our particular context here the emphasis is on "confronting *something*". Therefore the definition of havingness is: "a state of mind permitting the production of actual products".

Doing a lot and keeping oneself busy, doesn't necessarily lead to results! It takes an even higher confront ability than mere beingness or doingness to get good products in acceptable quantity that are appreciated by others and exchanged with them for support, money or goodwill.

It takes havingness.

Havingness is the hardest one to confront. Because the quality of a product is always painfully obvious. Doingness is easier, it leaves ample space to pretend or find excuses. Beingness again is totally non-committal. You think you are the saviour of the universe? No problem, that's fine. The proof of the pudding lies in the answers to three questions: Is he actually behaving like that? Is he acting in the context proper to a saviour of the universe? Is he having the sort of products one would expect from a saviour of the universe?

Once you are down to observing products, judgement becomes possible. Because a product is always compared with the ideal scene pertaining to it.

And all of a sudden ethics conditions apply, since ethics conditions measure the gap between an existing and an ideal scene. They are hard to confront - but great for growth.

Auditing is a karma catalyst. It speeds up working off one's old debts but it doesn't replace the living of life.

To conclude, the auditor has three drawers in his toolbox: one, auditing for the rehabilitation of his client's beingness; two, training to build up his client's

ability on the basis of his doingness; three, ethics and admin coaching to have his client produce within the limits of his havingness.

## THREE TYPES OF BRIDGES

Theoretically, as being, doing and having are inseparably interwoven, three ways of spiritual evolvment (three "bridges") could be thought of, all leading to the same end point. One of them would work through rehabilitation of beingness, the other through rehabilitation of doingness, the third through rehabilitation of havingness.

The auditing bridge suggested by Ron Hubbard works on the principle of rehabilitating beingness. The bridge suggested by me, in this book, works on the same principle.

In this approach, doingness and havingness are expected to increase pretty much by themselves, once results on the beingness front have been obtained.

In contrast, what would a bridge based on the principle of doingness look like? It would demand that a person be able to confront action without asking what sense it makes.

Objective processes like Opening Procedure By Duplication work on the basis of this principle. But to actually transfer this microsituation into the macrosituation of life, it would take a bigger process than OPBD: a more life-consuming process as it were.

What one could do for example, is set oneself the task of getting up every morning at 5 a.m. and take a 20-minute walk. Yet as this could be excused as a health exercise we'd really need something more senseless to make it juicier, like the task of getting up at 4:30 a.m., go outside equipped with a shovel, dig a hole somewhere and then fill it up again, and unfailingly do that each and every morning for exactly 423 days, no more, no less.

Undoubtedly this would get one's whole case rebelling, fully orchestrated with emotions, sensations and somatics. If one broke through that, one would end up a very wise man.

A bridge based on the principle of havingness could be worked out in two different ways.

One would be by exposing oneself to all sorts of pleasant or ugly sense perceptions whilst keeping one's serenity. It's taking TR-0 bullbaited to its extremes. In tantra meditation this is actually done. A serious tantra yogi wouldn't think twice about sitting for a full night inside the decaying corpse of a long-dead cow and meditate serenely. (Sex is only a side line in tantra meditation, although in the west it's made out to be the main thing.)

The other way of building a havingness bridge would be by demanding that one produce something valuable every day, unfailingly every day, something that's needed, wanted and exchanged for by someone. And the higher one could reach on the dynamics, the better one would be getting at it.

Without doubt such exercises, too, would get one's case rebelling and, should one survive it, leave one a very wise man.

However, as I grew up in the traditions of Ron's beingness bridge, I won't ask you to spend your nights inside decaying cows.

Luckily this beingness bridge somewhat incorporates the other two. It demands that one confront the often absurd and questionable incidents one comes across in auditing (doingness), and it demands that one devotes the greater part of one's life to creating the spare time and money to pursue this path at all (havingness).

In this way one's doingness and havingness are quite thoroughly tested. Perhaps not sufficiently so as to satisfy a tantra monk but good enough for us softies of the western world.

What's a bridge good for? Ultimately, to be able "to change one's mind about it". To get out of the ruts one postulated for oneself in the distant past and consciously create oneself each day afresh.

## METER READS AND TRUTH

Auditing serves to turn vague intuitive inklings into known certainty. It serves to help the auditee get oriented in his own universe. It serves to find one's personal truth.

The meter is built to react on intuitive inklings. The auditee has a vague notion: and the meter shows a read.

Did the auditee find a truth just then? To a degree he did. At least he approached some truth.

A read means: charge goes off. Charge means: something was never seen the way it is. So a read doesn't stand for a truth found, it merely means that the auditee is approaching some truth. Something has become available for further inspection.

Only the F/N indicates truth. An F/N stands for inner harmony. No contradiction, no friction, no charge. Harmony. F/N.

Example: the auditee says: "As I came down here from Arcturus I was waylaid by a black spaceship and implanted." No read. Therefore untrue? No! Simply not available for inspection. May be true, may be not. And if it read? Is it then true? No! Simply available for inspection.

The auditor's computation right then: "Did it really happen to him? Did it happen to another, and "I" is a valence talking? Or did it happen to him but due to non-confront he has turned F-1 and F-2 around and thinks he has suffered the motivator whereas in fact he committed the overt? Let's inspect this further."

Inspection is done by 2WC and narrative style auditing. Lots of TAA, in the end the incident is discharged. Final statement: "I came down here from Arcturus at the beginning of my last life. In the between-lives area before this present lifetime I hit the Screen in the attempt to leave the planet. That's when I connected up with an entity made by another person who was waylaid by a black spaceship 2 million years ago and implanted." F/N.

True? Yes!

In order to take his auditee there, the auditor must never ask any leading questions. He must not formulate questions which imply the sort of answer the auditor would like to hear in order to prove his think about the case or his current model of life, the universe and everything. He must ask open, non-evaluative questions. He must be curious (3.5 on the tone scale) and be prepared for the unexpected.

Yet at the same time he is expected to direct the auditee's attention. Quite a tight spot to be in! Because you can't do the one without also doing the other.

Any question an auditor asks is bound to direct the auditee's attention and is therefore (by definition) evaluative.

This is a bit of a tightrope walk, and I suppose that's where the difference lies between auditing as an art and auditing as a mechanical ritual.

To end this section in perhaps a sobering fashion, the following ought to be added: madmen will F/N within their own games framework, although this may have nothing to do with the real world. (Their world seems somewhat parallel to the real world.)

All in all I have interviewed three people who by psychiatric definition would fall in the category of paranoid schizophrenics. Each of them had lovely F/Ns within their self-constructed parallel universes. Each was of the opinion that he didn't need any auditing as he was perfectly sane (which I politely acknowledged).

True? Yes. At least in the way *they* see it. Which goes for any sort of auditee, after all.

## SESSION CONTROL

All session difficulties can be traced to ARC difficulties. All ARC difficulties can be traced to out-TRs.

Therefore all session difficulties can be traced to difficulties with TRs 0-4. Or TR 9 (positive leadership)!

Tight needle, dirty needle, no TAA, high TA? TRs are out.

TRs don't work in the absence of ARC. ARC means understanding, lovingness, granting beingness. The more the better: universal understanding, universal love, universal granting of beingness.

Making the auditee in his chair or that entity out in space purr like a cat, that's TRs.

The auditor creates the session. He creates the flavour of the session by his TRs.

How clear is a Clear? He is as clear as his auditor challenged him.

Auditing could be likened to TR-0 bullbaited. How good is a student's TR-0? As good as his coach challenged him. It's the coach's (and auditor's) TR-1 and TR-3 that makes the difference.

"Charge is removed from the case *only* by the comm cycle pc to auditor", says Ron in HCOB 13 April 1964.

Auditing is not "easy", even though it is often made to look that way. In its essence it is the naked, unadorned encounter between two thetans, one needing help and the other providing it.

This takes trust and skill, understanding and competence, in a word, the supreme combination of ARC and KRC.

The auditor "listens and computes", as the definition of his activity has it, and indeed he does just that. Nothing else. Any attempt to audit "with the tech" instead of keeping a straight line from person to person, is condemned to fail or at least stay superficial.

Don't hide behind the tech so as to keep yourself from confronting the uniqueness of the auditee you are facing.

Only when the auditor has fully understood all his theory principles conceptually, has made them his own without having to think about them, has excellent TRs and - to top it - is able to actually *create* the session from one moment to the next, will he have the sort of vitality needed to match his auditee's vitally felt desire to change. Only then will the auditee be "in session".

And that goes for any tool the auditor happens to pull out of one of his three drawers, be it the auditing drawer, the training drawer or the ethics drawer. It takes ARC and KRC, it takes compassion and competence, and it takes conceptually understanding the underlying principles to get the auditee through.

The same applies to solo. A solo course is a complete auditor's course, not just some cheap replica of it "for the public". I can assure you: there is no lonelier thetan in the whole universe than the auditor who is in session and gets stuck because he doesn't know his tech.

## KRC-AUDITING

A person wanting auditing sits in a muddle of counter-postulates. It is the job of the auditor to help the auditee undo this self-created disorder so that he may eventually find his way back to his original, positive games postulates.

Many scientologists inside and outside the Church look at upward progress in terms of ARC. Is the person becoming "nicer"? That's what they want to see happen.

But that's only half the story. Because an auditee shouldn't move up on the emotional side only (tone scale, ARC) but as well on the scale of ethics conditions (KRC).

From his abyss of *confusion* he will eventually make it to the summit, to knowing certainty, to the recognition of his own game. He will recognize that his actions have consequences (out of *treason*), he won't be an *enemy* to himself any more, will have no *doubts* about his destination, will have made up for the errors of his past (*liability*).

He'll be all set to start afresh (*non-existence*).

A person who knows what he wants and is determined to get it, isn't always comfortable to have around. Therefore, judging a person's progress by his increase of ARC only may be the wrong yardstick.

Anyone out to win his game will create enemies. So the higher he gets on the KRC-scale the more he is likely to be called a "suppressive person" by those whose toes he trod on.

He wasn't "nice" enough for their taste.

Yet ARC and KRC go hand in hand. A high-toned person may permit himself to become quite heavy-handed when the success of his game depends on it. The higher-toned, the heavier. More horsepower.

The wise man combines compassion and competence - that's the meaning of the scientology symbol (two triangles).

### ***The Auditor - A Data Evaluator***

How does the auditor get the auditee to the point of knowing his game and play it with a winning attitude?

Obvious answer: by handling the losing attitude. By detecting and cancelling all counter-postulates.

Yes. But how is this done?

Certainly not by rote processes. Not by playing the patient listener. It's done by being a detective!

The auditor has to *compute*. He gathers and evaluates data on two points. One: what's this thetan doing here on Earth? What did he come for? Two: what keeps him from knowing and successfully doing it?

In true fact, the auditor is a data evaluator. He goes for the Real Why: the postulate.

The auditor has to be curious. He must have a built-in bullshit-detector, a sense for data contradiction. By looking at the plausibility of the auditee's data within the context at hand, he must tactfully challenge the auditee's data and statements (without breaking the auditor's code!). Can it have been the way the auditee says it? Could it possibly have been otherwise? How did he get into this mess in the first place? What considerations did he have? What games context was this happening in?

First the motivator: what trap did he get into? Then the prior overt: how was he responsible for it?

This is the auditor's attitude to the auditee: "Given that you are an all-knowing, all-responsible and all-controlling being - how did you manage to end up in the mess you are in?"

KRC all the way.

Other practices are strong on the affinity side. "Good vibes" and all that. Scientology is strong on the reality side: "No messing about, mister, what's the Real Why?" That sort of approach.

That's why scientology appears "unloving".

The auditor must get data from his auditee. Loads of data. That's his first job. They may not always fit in logically with each other. They may not make sense. Contradictions show up. Wrong sequence. Unlikely time factors. Some statements may not read. Some may have a rising TA, others a dirty needle. And so on. Something very fishy going on!

These are outpoints. Outpoints are deviations from the ideal scene of plausible, correctly fitting data.

The auditor must be on top of this ever-increasing mass of data he gets from his auditee and evaluate them against each other and the ideal scene of full plausibility. He must be able to smell outpoints. That's his second job.

Yet he must also detect pluspoints: well-reading statements, clean needle, TA moving up and coming down again, well-related, plausible data - these are pluspoints, because they mean that the auditee is getting someplace.

The first job: get data. The second job: evaluate them.

Yet despite all of this data evaluation going on the auditor would never put the auditee's goodwill and trustworthiness in question! Because when their mutual trust goes, the session goes.

The auditor doesn't mistrust the auditee as a person. But he mistrusts the auditee's data when there is a good reason for it. Quite an important difference!

### ***The Auditee Has No Case In Session***

The auditor works *with* the auditee. They are a team. And funnily enough, the auditor shouldn't permit his auditee to have a case in session. At least I don't.

I'm expecting my auditees not to "go banky" in session. I'm expecting them to do their work properly, i.e. do their bit in the auditing communication cycle, and I'm expecting them to dramatize (would be terrible if they suppressed it), but I'm at the same time expecting them to keep the job going despite all dramatizations.

I'm addressing a thetan, not a bank. I'm not auditing his bank, I'm auditing *him*. I'm listening to him and I'm trying to make sense out of what I hear ("computing").

Example: auditee sits writhing on his chair, foam frothing forth from mouth, nose and ears, and I would ask him: "Hey, that's interesting, isn't it? Now let's see - what sense does this peculiar phenomenon make in context with the problem we are trying to solve? How does it answer up to the auditing question we are working on?"

Let him dramatize, that's fine. The auditee *must* be allowed to dramatize, he must allow himself to dramatize, because dramatizing opens the inflow valve from the bank. Suppressed emotions, sensations and somatics blowing through the pipes. Great! Yet at the same time I would expect the auditee to stay outside the dramatization and be able to look at it.

Speaking very philosophically, when you address your auditee on his highest level of cause you are in a zone of no case.

When you consider him the source of his own case and actually approach him that way, you are in a zone above that of by-passed charge. It's the

interaction between two games players, or rather two games makers (auditor and auditee), agreeing on a common game (that of auditing).

If the auditor only for a moment were to take the auditee's case seriously and commiserate, the session would break down.

Certainly, on a social level the auditor appears to take a case seriously. But speaking to the auditee from source to source, addressing him as a static on a level above and beyond the predicaments the auditee created for himself, speaking to him on that level then, the auditor can't take his auditee's case seriously. Neither can the auditee, on that level, take his own case seriously.

Commiserating with the auditee is a grave invalidation of the auditee's static quality.

On the 8th dynamic you get pure postulated knowingness. On the 7th dynamic you get mental energy phenomena ("pictures"). On the 6th dynamic you get a meter needle, a pendulum or a dowser's rod reacting to the phenomena on the 7th dynamic. Likewise, on the 5th dynamic you get your body reacting to 7th dynamic phenomena.

The reaction on the 5th and 6th dynamic confirm that something is going on on the 7th dynamic. And that again confirms that on the 8th there must be a postulate. The postulate triggers what goes on below.

A postulate one can only know, not see or feel. It's pure knowingness. The phenomena below that level one needs to remind oneself that one knows.

This is how the thetan fools himself. He might as well know right away! But as he pretends that he can't, he needs auditing. This describes the game that goes on in a session.

Given that the auditor can play his role of an unswaying truth-seeker, of a merciless detective and data-evaluator with compassion and competence, his auditee will eventually come to understand the background of his unwanted performances in life and break through to new, desirable performances.

He will have had very exciting and rewarding sessions. And the auditor will as well!

And what's the point? Why should one put order into one's mind? So that one may put order into the world, of course!

# **Chapter Four:**

## **Going Solo**

## HOW CLEAR IS A CLEAR?

A Clear, says Ron, is someone who has realized that it's him who keeps the bank mocked up, that it's him who keeps his aberrations in place.

Yet "having a Clear cog" is one thing, acting like a Clear quite another.

What's the proof of the pudding? That he can unmock mental mess by actual demonstration. For example by auditing solo with an E-meter.

Clear is not a state. It's an ability. You have to *do* something to go Clear and you have to *do* something to stay Clear.

A person who cannot knowingly and willingly control his own bank, his entities, his telepathic interactions with others and his GE by means of an E-meter, at least in a rudimentary fashion, isn't a Clear yet.

Clear is a matter of competence, not status.

The meter is an auxiliary device only. The more one can keep oneself clean without a meter, the more of a Clear one is. That's the cream on the cake. It's an ability that grows with practice.

It takes about 40 to 70 hours to get there, the way I work it. Around that time, delegating the session responsibility to the auditee becomes both possible and advisable.

40 to 70 hours, that's only counting Postulate Auditing. It's not counting hours spent on TRs and Objectives. If you added another 30 to 50 hours for TRs and Objectives you'd arrive at something like 70 to 120 hours total.

So, to give an average, after about 90 hours of auditing and coaching the auditee might be expected to start working solo.

The longest time I actually audited a person (including TRs and Objectives) was 250 hours. She had psychotic fits, unfounded fears, compulsions, repressions, depressions, irregular heart beat, weakness, nausea, was addicted to pharmaceutical drugs, couldn't leave the house to go to work - the lot.

This was my heaviest case. There were other ones, less heavyer than that. There were light ones. And there were what Ron aptly calls "Cadillac pc's".

The real test for the auditor - and for the workability of Ron's tech - are the heavy cases populating the waiting rooms of psychologists and psychiatrists. Yet they only rarely appear in the auditing room. Why? Various reasons. One is that treating them was (and still is) heavily discouraged by the Church of Scientology. So it has become a "tradition" not to deal with such cases. Which

means that most auditors wouldn't know what to do with them except call them "PTS Type III" and send them home.

One other reason is that people in that condition can only rarely afford auditing.

If the services of auditors were subsidized by health insurances we'd get to see a lot of those heavy cases. And I think we should accept the challenge. Because it's one thing claiming that we have the best tech on the planet, and quite another proving the point.

As it stands at present, we are usually dealing with fairly capable people who are socially well-adjusted enough to be able to pay the auditor's bills. After all, according to Ron Hubbard the auditor is supposed to make the able more able (and with regard to planetary survival, that's the only chance we have). It's to these able people that the average of "all in all 90 hours" applies.

That's not a lot of hours, particularly as they spread out over no more than a half a dozen long weekends. Which means that within the time span of two to three months a person may progress from his very first session ever to the point of starting his solo training.

And as the checksheets in the appendix of this book can be studied within a few weeks only even at a leisurely pace, one might safely expect a person to advance from auditee to solo auditor within no more than half a year (time and money permitting).

Such progress in so short a time span - how come? Well, let's look at the changes the auditee went through since he started.

He started out believing he is a body. Running prenatals and past lives cured him of that.

He believed he was a single being. Connecting up with the time tracks of others by running valences and entities, cured him of that.

He believed he was suffering from old engrams personally. Recognizing that engrams are body incidents stored by the GE, cured him of that.

He believed the real problem was mental energy. He believed that fighting and channelling ridges, engrams, entities and hostile thetans was the issue. Understanding the role postulates play, cured him of that.

With this, the auditee has demonstrated that he can tell where it's coming from: own track, entities, GE, body, other thetans. And with regard to erasing incidents he has progressed from doing hard and sweaty work to running lightly, even to blowing by inspection.

That's quite some progress!

The auditee has experienced these phenomena and has shown convincingly that he can distinguish between himself and them. So one may rightfully call him a "Clear on the first dynamic". He knows: "Here is me, and there is the bank, and there is a difference."

As a result of this, his auditor has become increasingly superfluous. This auditee can carry on solo.

What a Clear on this level can't do yet, is actually *handle* the stuff he is aware of. To do that he needs some know-how. He's got the ARC (understanding) but is lacking in KRC (competence).

Put him on the solo course! Don't bother declaring him Clear or having him attest to the fact that he thinks he is. (I have come off that, which is a change to what it says at the end of LK2.)

The word doesn't matter. What matters is the performance. A person who can solo-audit demonstrates that he is not overwhelmed by his bank. So he is a Clear.

Not all parts of his bank are accessible to him. Some he is fully identified with. So he isn't aware of them and therefore cannot audit them. But those he is not fully identified with he can communicate to, control and have. Which means he can audit and as-is them.

And as he goes on as-ising them, new aspects of his case will become apparent, and he can address and as-is those. Like peeling an onion layer by layer.

## EACH HIS OWN BRIDGE

### *Awareness And Havingness*

The spiritual evolution described on the previous pages amounts to this: one becomes increasingly aware and able to have. This evolution is what we call a "bridge".

A bridge shouldn't be prescribed by another. It ought to be put there by the auditee himself. Personal involvement, personal growth. Self-determinism.

This is the way it should go: a person becomes aware of something bothering him. He registers a deviation of the existing scene from the ideal. So there is charge. He sits down and audits the matter to a condition of loving comprehension (full ARC), at which point there is an F/N on the meter.

He keeps finding more and more phenomena of the same kind. That's the *awareness aspect* of the bridge. He becomes aware of certain case phenomena on a particular level of awareness and audits them.

Eventually he can confront and have all phenomena on this awareness level. At this point he won't get the phenomena any more. None of them. That's the *havingness aspect* of the bridge.

With this he has reached an end phenomenon on the level of awareness he was concentrating on. No inner friction left, no uncertainty. Instead: harmony and certainty. Havingness. F/N.

"A thetan basically knows", it is said. On a lower level of performance, a thetan needs pictures to convince himself that he knows. Pictures, on that level, are considered "proof".

He will need those pictures exactly as long as it takes him to feel certain that he *really* knows. He will then F/N on knowing what he knows even though he may not have a single picture to support the data.

The game of auditing occurs on three levels of operation simultaneously.

On the 7th dynamic it's pictures, entities, ridges, it's energy phenomena and their consonances and dissonances. It's ARC: love and hate.

On the 8th dynamic it's postulates, pure conceptual thought, as-isness at the moment of creation and of destruction, survival computations at the highest possible games level. It's KRC: ethics.

On the level of static it's pure knowingness. Because after all one knows that a certain postulate or picture was created by oneself or another, why, where and when it was created, etc. If one hadn't known it in the first place, one couldn't have forgotten it and then found out about it in session.

A thetan is a "thought being". He exists through thought in the first place and energy in the second place. Deep down he knows that he created his existence that way. In that sense he is outside his own existence. He is aware of being aware. That's the static aspect of the thetan. He knows that he knows.

At all levels of auditing one has to be wary of implants. There are biological implants (5th dynamic), material implants (6th dynamic), picture implants (7th dynamic) and concept implants (8th dynamic).

Implants serve to force control on a thetan, reduce his self-determinism and make him un-know what he knows.

### ***From Other-Determinism To Pan-Determinism***

The lower bridge is characterized by the more obvious life problems of the auditee. At this level he takes other viewpoints as his own and identifies with them. He is largely other-determined and oblivious of his own role and responsibility as a thetan. As he doesn't differentiate between himself and the correct owner of a viewpoint, he is not protesting against anything. His TA will be in normal range even in the event of misownership of charge.

The middle bridge is characterized by a certain condition only to be found on planet Earth: the OT 3 case with its R6 bank. At this stage the auditee realizes how other-determined he really is, and strives for self-determinism. The name of the game is differentiation. His TA is often high, because he is in a fighting mood.

The upper bridge is characterized by rehabilitating one's goals and purposes, and one's general destination as a thetan. At this level the auditee becomes so certain of himself that can be aware of and have anyone's viewpoints as well as his own. He can even accept the viewpoints of others as his own, knowing that any viewpoint he might decide to have is for that amount of time "his" viewpoint. He doesn't have to garrulously emphasize what's "his own" and what's "theirs". Such is his havingness. He is pan-determined. He isn't "himself" any longer, at least not in the narrow sense of the word. He doesn't play his game because "he" wants to play it but because within a universal context this is what needs doing.

In this understanding of a bridge, "lower", "middle" and "upper" refer to the growth of a person's awareness and havingness. The higher he gets the more will he be able to take on.

As each person starts off at his own level of ARC/KRC they're all going to experience different things and have different results as they go along. There are certain EPs to be expected, yes, but you cannot compare two people.

In the following paragraphs this bridge is looked at through the magnifying glass and in slow motion. It may not sound all too familiar to you, so please bear in mind that this is what *I* do.

### ***The Lower Bridge***

*What's being audited:* A mixture of own case, foreign case, and GE case. The auditee runs past lives, entities, engrams. The auditor doesn't enforce any sequence on this. He takes it as it comes. (Postulate Auditing makes for a natural evolvment anyway. Priorities get sorted out all by themselves.)

*EP:* The havingness level of the auditee has increased so much that he can easily confront and differentiate the various mental phenomena he encounters. He is not impressed let alone scared by them. He starts auditing solo. He keeps and improves his level of awareness and havingness by means of his solo sessions.

*Ethics:* He has roughly found out what tasks he has to accomplish as a thetan; he has realized the outlines of his mission. He is not in confusion any more as to what his own game might be. He knows his playing field, he knows *where* he is.

As well he has come to understand that his actions have consequences on himself and others, so he is not going to act irresponsibly. He knows it will fall back on him if he does. He knows *that* he is, that he plays a part in a game.

He even knows what he has to get done, he knows his hat. So he knows *who* he is. He's out of the enemy condition.

### ***The Middle Bridge***

*What's being audited:* Exclusively foreign stuff, i.e. the Earth case, to the extent the person got identified with it. That's OT 3 with its BTs and Clusters. OT 3 is finished off by Bill Robertson's Excalibur with its space ships, alien crews, Xenu-partisans, monitoring entities and control stations on far-away planets.

With all entities gone, the GE will mightily move into the focus of the solo auditor's attention. Before, it was held down and obscured by the OT 3 case. It can now be run without any interference by a nutty "middle management"

(entities). On the side, telepathic connections with thetans playing the Yatruscan game will show up and be disconnected from. That's part of the GERD.

*EP:* Identifications with pictures, energies and masses on the 7th dynamic have been recognized and as-ised. Any kind of entity or telepathic link by theta energy has become unimportant to the solo auditor. He can have it with a yawn and won't be trapped again by that sort of stuff. He can keep this level of awareness and havingness by means of further solo-auditing, for example by flying ruds every now and then.

*Ethics:* He has handled all *doubts* with regard to his role and the hat he wears. Insinuations and suggestions by wily entities don't bite on him any longer. He has found out who his friends are (the other players in his game), has delivered a decisive blow to the enemy of his game (by auditing hostile entities and thetans and disconnecting from them), and by his auditing and life performance he has demonstrated his goodwill and intention to pursue an ethical path. He is out of the condition of *liability*.

### ***The Upper Bridge***

*What's being audited:* Own track again, but not so much with attention on incidents but on the postulate fabric one has created for oneself as a thetan, and by which one is interwoven with all other theta worlds. It's strictly 8th dynamic auditing, leading to the experiential (not only intellectual) recognition of oneself being the source of one's postulates, games, and aberrations. (Done on the SEPP, as described later.)

*EP:* Own game and admin scale entirely understood and accepted. Unnecessary postulates detected and cancelled. No superfluous stuff hanging about. Abilities and skills relevant to this admin scale are rehabilitated through auditing and actively worked on in life.

*Ethics:* With full integrity attained, the long-interrupted production along the lines of one's true game can finally be resumed. In terms of ethics conditions one is on one's way from non-existence to power.

# THE SOLO PRACTICAL

## *Training and C/Sing*

Now to the practical side of it. How would I (the author of this book) train and C/S a solo auditor?

Well, when he has demonstrated his ability to detect and discriminate the four sources of charge to his own satisfaction (self, entity, other thetan, GE), and is willing to take on the responsibility for handling his case solo, I do a brief 2WC on this hat turn-over. When he F/Ns on this he may start auditing solo. Not a word of Clear. (As I already said, this is a major departure from the procedure described in LK2.)

He may have done his auditor training already a while back (for checksheets see the appendix). It is perfectly alright for anyone to do an auditor's course at any time. One doesn't have to get the permission of one's C/S for that!

In terms of methods applied there is absolutely no difference between auditing solo and duo. It's the same set of basic tools for both purposes. Therefore a course graduate may start auditing right away, and he may audit anyone he likes to. Except himself. For that he does need the guidance of his C/S.

To groove him in on solo auditing (after he completed his course), have him hold the solo cans and ask him to observe the meter whilst you have a little chat with him. Have him keep notes of the talk and of needle and TA motions. He will soon see that the meter works as a feedback device. When he can do this easily he may then do his Solo Practical.

As for C/Sing him - that's simple. All he has to do is complete the program he was on before. He is still on it. He simply phased over from duo to solo. There is a whole postulate list to be taken to F/N by repeater technique - a very undemanding action at this stage, and just right for the beginner.

So as the first thing the newly-hatched solo auditor takes his own program to completion. That's his Solo Practical, his solo internship as it were.

When he is through with his postulates and other remaining program steps from before, he audits the C/S sequence for the Solo Practical on his course checksheet (see appendix).

After that he is going to be a very good auditor. In all respects.

I always do my C/Sing over the telephone, by the way. When the auditor is well-trained and understands the viewpoint of the C/S, a brief technical dialogue will do to describe situation as well as remedy. I would expect a solo auditor to do his own routine C/Sing within the framework of the program he is on. No need to see the folder when all goes well.

Handling his case and reporting properly is the *solo auditor's* responsibility, after all. And if the C/S can't trust him to do his job reliably and report decently, then either the C/S didn't turn his hat over well or the auditor isn't worth his salt. So shoot the C/S or train the auditor some more. Or both.

The EP of the Solo Practical is: demonstration of auditor presence. And that means: good TRs, technical flexibility, admin ok, can complete cycles of action from read to F/N (see appendix C).

Solo auditors can and should do TRs whilst on solo, by the way. I would expect a solo auditor to be able to confront his case no matter where he stands on the bridge. The more TRs the merrier.

With TRs you are drilling auditor presence. Therefore I cannot see why TR-0 should be a dangerous thing to do even whilst one is on Solo 3. It's right against the definition and purpose of TR-0 that anything should key in whilst doing TR-0. And even if it did: you can always handle that on the cans. Solo!

A solo auditor may stay on his Solo Practical for years, if he likes. No need for him to go up any pre-fabricated set of Solo Levels.

He may stay on his Solo Practical as long as he likes and really show that he can act like a Clear. There will be a point when he gets bored, though. Because running ruds and prepchecks on the charge of the day doesn't make for case progress in the long run. At a certain point things will F/N all too easily yet life stays the same.

The Solo Practical is going flat. Time to move on to Solo 1 to 3.

### ***Handling the Composite Case On The Solo Practical***

Yet even before the Solo Practical goes flat, Solo 1 to 3 may actively call for the auditor's attention.

Indicators: TA keeps going up unexplicably and can be brought down only temporarily. Needle tends to go tight and dirty. The solo auditor seems to be fixated on re-occurring items or areas of charge without ever arriving at a satisfying key-out or release.

Reason: loads of entities wanting to be audited.

This can be handled temporarily with C/S instructions like: "Address all the entities around. Big TR-0, big space. Give them their Two Rights Of A Thetan. Tell them: You will all get your session when it's your turn. Meanwhile would everybody please run their *own* incident from earliest beginning to end! Each incident is correct by itself yet in terms of time and place it is different from all others!" Have the solo auditor repeat this until it goes flat and F/Ns.

Or this one, for example: "We are auditing this particular incident right now and no other. Similar incidents are true for different beings at different times and places, but this one is this one and we'll complete it. Then the next one in line. Would everybody please wait till it's their turn?"

This will give good reads and after some repetitions will take the TA down and make the needle float.

One has to get the solo auditor used to the idea that his case consists of a multitude of entities who all throng up wanting auditing, and that he has to address them lovingly, firmly, and sensibly in order to control them. Like a kindergarden nurse trying to keep a few dozen five-year olds in check. It's on that level of communication and control. This establishes him as the boss.

He won't be succesful on Solo 3 and Excalibur when he doesn't manage to keep control of his case. This is not a tech matter but an administrative matter.

What when he gets stuck? High TA, dirty needle, nothing reading, feels massy, black smoke billowing out of his ears - what then?

Simple: *you C/S him out of it*. You don't give him a review session. You *C/S* him out of it, on the appropriate gradient for his level of skill.

No "review sessions" needed, no "specialist rundowns" like "OT 3 Int RD" or PTS RD and what not! Get him to spot what it is and suggest the right basic tool to handle it with, and - bingo! - there he flies again.

At the most I would give him a supportive session to help him do the scouting. No review session - a *supportive* session! Big difference. And when the scouting is done and he has found what it is I'd delegate the job back to him.

Look, it's so simple: what creates his condition is either a protest of his, a protest of some entity, a protest of some other thetan. Or a protest coming from the GE, in other words an engram in restimulation. Protest means: something happening one doesn't like. The only problem: one hasn't spotted it yet in terms of content and source, hasn't recognized it yet for what it is.

All one has to do is spot it. And then get your basic tools out and the sparks will fly.

### ***Speak Out Loud!***

One note on session control: the solo auditor *must write down* his own observations and the originations of the terminal he is auditing (entity, GE, thetan, himself).

To give a lower level example: imagine an auditee sitting in front of the auditor, sitting, thinking and not saying a word: TA goes up, needle tightens. Wouldn't work, would it! The auditee mustn't run the incident silently by himself, he must speak it out loud. For all the world to hear! Then and only then will you get TAA on your auditee.

Same with the solo auditor auditing an entity (or whatever), except that he doesn't have to voice anything but must write down what his "auditee" says.

Speaking out loud or writing down serve as a lightning rod transporting the charge from the first to the third universe where that charge is earthed. It's as-is by exact duplication on all levels of communication. Only with a lot of experience will one become able to blow things by mere intuition.

I actually encourage my trainees to "educate their case" by giving their commands in a half-loud voice, and to be silent when they need to withdraw into their "ivory tower" to make C/S decisions.

They should be able to think up the next command, write it down, and underline it without a stir on the needle! And then, in a murmur or a loud voice, they reach out into their space and - bang! - there is their read.

Giving commands in a loud voice supports the solo auditor's TR-1.

### ***Your Daily F/N***

Whether at the tail end of one's Solo Practical or at any later point when one isn't working on any specific program: one ought to get one's daily F/N.

This is excellent practice for the auditor and the best way to keep mental hygiene. It also makes one discover things that aren't described in any book known to man. It's a voyage of discovery and adventure!

Have a sportsman-like attitude about this. Sit down with meter and cans, switch the thing on, check needle and TA. TA high? There must be a reason for it. Find it! TA in normal range but no F/N? There must be a reason for this also. So go ahead and find it!

The meter is a mental feedback machine. It shows you if your system is in harmony or isn't. So use it! It's good for you.

When I hear someone natter about Ron and the tech and see his meter all covered up with dust and cobwebs, I know what to think.

So don't talk about it - *do* it!

# **Chapter Five:**

# **The Solo Levels**

## MATERIALS

In this text I'm generally using the term "Solo Levels" to replace the old "OT levels".

Occasionally, though, I'm going to say "OT 1-3" when I mean the actual *written materials*. Yet when I'm referring to the *auditing actions* suggested by me, I'll say "Solo Levels".

The auditing actions I'm going to suggest may not coincide with what's done elsewhere, by other C/Ses. My background on this is first St.Hill UK and then Bill Robertson.

The term "OT level" is actually quite well-chosen in that "OT" refers to the telepathic aspect of solo auditing, to actions one does as a thetan and not by means of a body.

Since one becomes increasingly aware of oneself operating as a thetan (both in and out of session) as one moves up these levels, they are rightfully called OT levels. But in order to emphasize that the procedures described in this text are my personal way of going about it and don't purport to follow anyone's idea of "standard tech", and since the exaggerated claims by the Church of Scientology's propaganda machine have distorted the word OT beyond recognition, I personally prefer the rather modest term Solo Level.

Each of the Solo Levels 1 to 3 consist of an instruction and an auditing action. The instruction refers to the bank segments to be audited and how to audit them. They should be studied in the handwriting of Ron Hubbard (at least those of OT 1 and 3. I have never seen the C.C. and OT 2 in Ron's own hand).

This is the traditional way of studying OT 1-3 so as to guarantee the authenticity of the materials.

Unfortunately these materials are not on sale in your local bookstore. But there are ways of getting them. (The handwritten materials of OT 3 were quoted in their entirety in the "Pied Pipers", LK3/ch. 3.)

The steps above Solo 3 don't require any materials beyond what's covered in this book.

### ***A Historical Review***

Various "bridges" have evolved inside and outside the Church of Scientology. The first bridge (1950) was auditing Dianetics until you had a Clear. Then followed Mest Clear, Theta Clear, Cleared Theta Clear. Then Grade

I to VII, with Grades I to IV being the usual, Grade V being Power, Grade VI being R6EW and Grade VII the Clearing Course Materials. Grade VII was Clear. This bridge was extended in 1968 to include OT I to III. A few years later it was extended to include OT IV to VII. These levels, the so-called "old" OT levels, were mainly OT drills. You were meant to take on the viewpoints of people and animals, getting the feel of them and getting them to follow your intentions. These "old" OT levels presupposed that the auditee was through with his OT III to the point of not a single BT left. They didn't work because nobody was really through with OT III to the required extent at the time. So in 1978 the top end of the bridge was changed, to be replaced by "new" OT IV to VII, namely NOTs ("New Era Dianetics for OTs"). NOTs does not (as the promo suggests) make one "Cause over Life", neither does it really handle OT III to its end. Again later the Church of Scn bridge was extended up to OT VIII, something one has to do on the Sea Org's ocean cruiser. OT VIII yet again does not take one through to the end phenomenon of OT III but restricts itself to some OT drills based on objectives and certain L&N processes designed to drill holes into one's case.

Concurrently, after the independent scene separated out from the Church of Scn in 1982, various other attempts were made outside the Church to build a better bridge. One was Captain Bill Robertson's Bridge to "caselessness" which went up through the usual OT levels I to III, then jumped a gap to Excalibur as OT 8, then from OT 9 to OT 16, and finally to OT 48. Excalibur does handle OT III to its end. It was Robertson's answer to NOTs. He tried to handle what was left unhandled after Excalibur by forever envisioning and adding new OT levels, in the attempt to eventually attain the promised "caselessness". One problem with Robertson's bridge was that he never tested his OT levels out (not even himself) before handing them over to the public. He simply envisioned them. Robertson died in 1991.

Parallel to that, Irene Mumford developed "Dianesis", essentially a GPM process which is done solo after attaining Clear. As much as I know, Dianesis has no definite end phenomenon like "full OT" or "case completion. It seems that one can go on and on with it. Irene Mumford died in 1994 (I believe).

Again parallel to that, "Metapsychology" was formed. ("Meta" means "one level above".) David Mayo had run his AACs (Advanced Ability Centers), delivering the Church bridge from Clear through OT 1-3 to NOTs, until he was sued by the Church and had to close down. He got together with Frank Garbode, a psychiatrist and old-time scientologist. Together they founded "Metapsychology" which basically consists of lower level Hubbard-materials.

These were re-written to get around the copyright problem and be able to approach the general public without the scientology stigma. To my knowledge Metapsychology doesn't go into whole track GPMs and implants at all.

Yet again parallel to that (a lot happened between 1982 and 1985!) Harry Palmer got together with a number of disenchanted Class VIII and XII auditors and founded "Avatar". It includes a three-step personal evolvment based on Hubbard's early objective and creative processes. An avatar, in Hindu mythology, is an enlightened being from a more subtle realm of existence who comes down here endowed with miraculous powers to help us Earthlings on. He is not just a re-incarnated person. I fail to understand why Harry Palmer chose this name for his movement except that perhaps his processes reflect the high-level awareness of an avatar as they imply the concept of "why don't you simply as-is it just like that?"

Lastly there is the bridge suggested by me and described in this book. It is based on Hubbard's Clear-to-OT-III bridge and features Robertson's Excalibur as its central component. The processes above Excalibur were researched between 1989 and 1995 by me and the solo-auditors assisting me. At the time of the writing of this book (1996) they can be considered well-tested.

(For a further discussion of the subject of "bridge building", see LK2, the chapter on Clear near the end of the book, and LK3/ch.6.)

## **PREREQUISITES**

Don't expect people to handle on the Solo Levels what ought to have been handled on their Life Repair. The Solo Levels do not replace handling by ordinary means (basic tools) the auditee's attention on his life and his body.

As long as the auditee can specify an area of concern and as long as that area has charge on it, it can be handled by ordinary means - be it duo or solo.

Don't ever put anyone on Solo 1-3 as a life remedy. "Your case is so special, there surely is some upper level charge involved". Oh no! His life is remedied before Clear and during Clear on the Solo Practicals. Certainly, upper level charge quite definitely and severely monitors people's lives, yet the point is: they won't be successful on the rather subtle upper level stuff as long as their attention is fixated on rather gross, commonplace items.

The grossness of these commonplace items subdues the subtle commlines to the world of BTs, entities in general, disincarnate thetans, etc.

Very frustrating for a solo auditor to have done Solo 1-3 with no results. Don't do it! Very bad PR.

Do a good job from the bottom upwards. It may take years. But they are years well invested. Quickie solutions never made anyone happy.

When you hit problems on a certain level, there are three possible explanations: one, not the right action at this point in time. The person's interest is elsewhere. Two, not properly introduced to the peculiarities of the level he is on. Three, general auditing skills are lacking.

It's always one of those three.

### ***Clears And OTs As Newcomers***

When "old" Clears and OTs come on lines I treat them like any newcomer. I do a full interview (as per LK2), I ask them at what point they attested Clear, how it felt running OT3, how their perceptions were, how skilled they are as auditors. I have them do demos of auditing techniques with me as a dummy auditee.

After all, if I am to take responsibility for them - in particular on a long-distance comm line - I must know who I am dealing with!

Some "Clears" were told to attest over a private cup of coffee and without a single hour of auditing, by "C/Ses" who "just knew the guy is a Clear"!

Some people attested to OT 3 without ever having contacted a single BT or Cluster!

So I do the usual interview analysis and work out a program and then I sit them down and audit them as I would audit anyone else. And when they are indeed up to the level they attested to they will demonstrate it by handling the charge that showed in the interview in the fashion typical for that level.

Someone on Solo 3 may certainly have charge on various aspects of life, but when audited on it he will immediately spot entities and assign correct ownership of charge. And then of course he should continue solo.

On the other hand, people who can't do that get audited like anyone else. This handles the personal charge that should have been handled a lot earlier already. After that they may have to do their Solo 3 or Excalibur a second time all over again. That did actually happen! It's as if the first time through they hadn't really been there. It was an automaticity auditing the case, not a thetan. Doesn't work.

## GENERAL DESCRIPTION

Solo 1 - 3 deal specifically with the Earth case, the sort of case that's typical for down here. Because it is planet Earth that took the brunt of Incident II, 75 million years ago. So anyone walking about on this planet is liable to get spiritually contaminated without his knowing, something that wouldn't happen to him quite to that extent on any of the 76 other planets involved.

When you audit people originating from places like Aldebaran, Sirius or Arcturus you get an idea of what life on planet Earth might have been like before it got hit, and what it will be like once it's been restored to normal operation. Although Incident II involved 76 planets around 21 stars, it seems that life in those places wasn't quite as severely affected as down here. Of course, they do suffer from the particular aspects of Inc. II indigenous to their planets (and of the cross-restimulation they receive from their Earth-trapped ridges), but that's nothing compared to here. Also they have bodies and GE aberrations, and then they have their Incident I which every thetan in this particular universe has in one form or another.

For most thetans Inc. I served as an entry ticket to Xenu's game (for the fun of it); whereas for a few it was a serious issue and their reason for coming to this universe in the first place (referring to the more involved pro-Xenu and contra-Xenu guys).

Having a body, a GE and a Xenu connection through Inc. I, are features shared by all beings who physically live on planets.

Those that never incarnated but stayed aloft, still have an Inc. I problem. They are extremely easy to audit, though. Occasionally one bumps into one of them as one follows up a particular line of interest on the meter. All they need is receiving an R-Factor on the matter ("Xenu's game over" etc.) and being asked a few questions pertaining to their personal first involvement with Xenu, and - whoosh! - there blow the connecting theta quanta.

They just never thought about the matter in terms of having become other-determined. It never bothered them sufficiently as to notice it.

Freeing beings in this fashion is of extreme importance not only for their personal well-being but even more so in terms of universal politics (which is one step up from galactic politics). Because anyone who has recognized his Xenu-connection is not in Xenu's valence any longer and can make decisions which are not part of Xenu's scheme, i.e. decisions which won't contribute to

further condensing theta quanta by gravitational pull, eventually turning everything into solid rock.

Anyone not in Xenu's valence will evaluate things differently. In fact, strictly speaking he isn't even part of this universe any more! He will be in touch with other universes existing parallel to this one. All of which would help getting this one sorted out.

The experiment has lasted long enough, after all.

### ***Hubbard A Fruitcake?***

It has been said that the materials of OT 1-3 reflected Ron Hubbard's own case, were a dramatization of his personal past, were sloppily researched, and so on. Be that as it may. As a C/S I don't expect anyone to "believe" these data. I don't *want* people to believe them! I just want these data to be duplicated, understood, and used in session. With all due skepticism.

Each time I put someone on Solo 1-3 I can't believe that he gets reads, pictures and all the rest of it! It's a surprise each and every time.

So do they get their reads on a fantasy movie they have mocked up in their mind? Perhaps they do. But even then it would be well worth flattening the button that was hit, because somehow it resolves real charge and very positive changes result from it, "true" or not.

Any reading item must be taken to an F/N, irrespective of all possible interpretations. That's the long and short of auditing. So whether you consider Solo 1-3 fact or fiction, there is no way around running it when it reads on you.

### ***Mystical Traditions***

Anyone who understands traditional esoterics will immediately see that OT 2 and 3 are an initiation of the highest calibre. To sell these levels on the front counter at throw-away prices doesn't do them justice.

Look for example at Mozart's opera "The Magic Flute". It contains an exact description of a top notch Freemason initiation. And with that it relates back to the ancient Isis cult. In either case it is expected of a person that he should be courageous enough to expose himself to terrifying scenes play-acted especially for him by prior arrangement, such as being alone inside a tomb with skulls rattling about, that he (more importantly) should be able to stand up to the pictures thereby restimulated in his mind, and that he (most importantly) should come out with the recognition of the spirit being stronger than mest and of spiritual survival being tied up with sticking to one's guns and not violate one's honour and integrity.

And what does one find in the "Magic Flute" if not the very archetypes all initiations deal with, namely Xenu and Yatrus! Mozart represents them as the Queen of the Night (Xenu) who has to surrender her realm and power to Sarastro (Yatrus). It's almost like Mozart had read "The Pied Pipers" before composing his opera! (The Freemasons of his day didn't particularly like Mozart's revelations. Too close to the truth. Mozart was killed soon after the "Magic Flute" was put on stage in 1791.)

To evaluate Hubbard's work fairly, it has to be understood in this context. His OT levels are an initiation to the most hidden compartments of the mind of Earth-dwelling homo sapiens with the intention to produce a full-blown restimulation of his reactive bank.

And as it goes with all initiations: the person who isn't ready for them won't get anything out of them. One doesn't even have to keep them a secret! Reading a datum with one's eyes is one thing, yet being prepared to receive it into one's mind, quite another. (Which makes it alright to write about it.)

### ***Bill Robertson's Contribution.***

After this brief glance over the philosophical, political and historical ramifications of the matter (extensively covered in LK3), let us turn to the practical side of things and look at the peculiarities of each of these Solo Levels from the bottom to the top.

Please bear in mind that this is the way *I* do it and perhaps not the way it's done in other places. But doing it this way, I can assure you, will give you results.

I did my OT 1-3 at St. Hill U.K. in the late seventies, and it was a very unenlightening experience. The subject was so hushed up that not even the supervisor would answer questions! I didn't understand anything. And did it all wrong, needless to say. (Quite by accident I had a win, though. Probably wasn't intended.)

Things started brightening up for me when I met William Brenton Robertson ("Captain Bill") at the beginning stages of his Excalibur research. Robertson introduced me to the way he had done his OT 1-3 on the Flagship sometime in the late sixties, as C/Sed by Ron Hubbard, and that opened the door to a new and fruitful understanding of the matter.

Bill died in 1991, but amongst us OT folks that doesn't really matter. So thanks, Bill! Good job you did there.

## SOLO 1

Solo 1 consists of 13 steps. It is done outside in crowded places. The solo auditor walks about counting people, comparing people with each other or himself, comparing individuals with groups, etc., as stated in the 13 instructions. Each step is done "to a cognition", as the instructions say.

The action is started on the meter with "rudiments to an F/N". As it's a major action you don't want any distraction, so you have the solo auditor start with an F/N (not just a TA check as the materials state).

Next the solo auditor is handed the sheet containing his instructions. The 13 steps are best kept inside a plastic wrapper covered by a blank sheet of paper so that one can't read them.

The solo auditor is given the following instruction: "Go to the nearest supermarket or shopping mall or airport, wherever there are plenty of people, and study these people with respect to certain characteristics until you have a cognition. Take a note pad along so you can keep worksheets. Once you are there you pull the blank cover sheet off instruction number 1, study the instruction, and do what it says. It may tell you that you are to count men with red noses until you have a cognition. So you just do that and no more."

"A cognition" in this particular context does *not* mean that the solo auditor's case will explode in smithereens. It doesn't have to be a cog of the mind-shattering variety at all. "A cognition" simply means: the first thought that comes to mind whilst doing the action.

It does not have to be a new realization. It may be a realization the solo auditor has already had before. He may have already noticed years ago that men with red noses more often than not smell of booze, but this may not come to his mind immediately as he reads his instructions but only after counting 35 men with red noses. Good. So he writes on his note pad: "Counted 35 men with red noses. Realized they all smell of booze." This way he goes through his 13 steps.

Should the solo auditor actually *have* a mindshattering realization he would end off at that point and return to his auditing room. Doing the remaining instructions might spoil it for him.

So he goes off and does that. When he comes back you tell him this: "Now sit down at your meter and review what has happened whilst you were outside. Scan over the various experiences and realizations you have had. Rehabilitate some aspects of it as needed. Handle any out ruds. End off with an F/N. Don't

try to make any sense out of this. Explanations will be given when you are on Solo 3. Just take it easy."

Only that last F/N is truly the end of his session! The session began with him getting an F/N, it continued with him walking about doing his instructions, it ended with an F/N.

When he is through with all that he hands his folder in. You, as C/S, study it. You will detect sentences like: "Individuals are nicer than groups", "all people are different", "I'm not like other people" and such. It invariably happens that way.

What sense does that make? Well, it's the boss thetan giving indications to his congealed mass of entities who all think they are one. Or it's the boss thetan picking up the originations of his congealed crew and acknowledging it. In either case a long-forgotten stable datum is put into the system: "You are all individuals! You are *not* all one. You may be part of a mass, but you are not the mass!"

This puts fine hairline fissures into the solid concrete block called the R6 bank that the solo auditor (along with most thetans on this planet) carries around with him. Technically, it works by the basic tool of "indication of a correct item".

These fine fissures won't appear if the person has his attention riveted on the problems of his immediate life. Too subtle! But as these fissures are the necessary prerequisite to the next level to come, Solo 2, you *must* make sure that the lower bridge of that solo auditor stands on good and strong foundations!

## SOLO 2

### *Theory*

Solo Level 2 cracks the solid block of congealed entities the average Earth-dweller is identified with, and breaks it to pieces. These pieces are then auditable individually. This is done on Solo 3.

Solo 1 drives fissures into the block, Solo 2 cracks it, Solo 3 cleans up the debris. Excalibur goes a step further and cleans up the bits stuck to the back of one's coat. It undoes the specifically personal identification of the solo auditor with the R6 bank, and it handles "theta electronics", i.e. transmitting devices connecting one with groups one would prefer not to be connected with.

The congealed mass of entities referred to came about this way: the C.C. implant 1,5 quadrillion years ago was done on individual thetans. It was repeated 75 million years ago as part of Incident II and was the first implant after the explosion. Yet at that point it was not done on individual thetans (as before) but on *groups of BTs*.

Very messy indeed!

It was followed by a further implant series called the OT 2 implants. Then followed the 36 day marathon implant containing all the facets of "modern civilization" dramatized today.

What you get as a result of this is a very congealed mass of very solidly packed-together theta quanta. This is what needs breaking up as a prerequisite to auditing the actual Incident II story.

The level of OT 2 gets its name from the "OT 2" implant mentioned above. It used to be audited straight after Solo 1. Yet since 1978, when Dianetic Clear and Natural Clear were announced, people were put on OT 1 and OT 2 without having done their C.C.. This is a skipped gradient as well as a disastrous mistake.

Before 1978 it was thought that Clear was to be the result of auditing the Clearing Course Implant (C.C.). By the definition of Clear, this cannot be the case. The ability of Clear is one thing and the GPMs of the C.C. quite another. No reason to assume that auditing the C.C. should make Clears. One doesn't necessarily lead to the other.

The C.C. is just one particular segment of the bank, that's all. Anyone able to hold the cans without fainting, can do it. Which means that in order to do it, one would have to be pretty clear already!

Ron at that time worked on the theory that a thetan is basically a pure being except for his being soiled by dirty engram pictures from the GE. So he assumed that all one had to do to make a Clear is disentangle the thetan from the grips of the GE and its engrams (LK1/p. 159).

This entanglement started 1.5 quadrillion years ago when the C.C. implant was given originally. At the time it was already commonplace for thetans to own GEs. So the C.C. was the first implant given to thetan and GE simultaneously. It welded them together (LK3/ch. 4.2).

To get back to our argument: before 1978 everybody had to do the C.C. materials. It could take hundreds of hours. Then, with the announcement of Dianetic Clear and Natural Clear, the C.C. was called off and people were put right on to OT 1 and OT 2. Apart from the fact that they were badly prepared casewise (and quite often not even Clear in terms of ability) this constitutes a skipped gradient: the C.C. was left off.

Look at the chain of events: earliest, the original C.C., 1.5 quadrillion years ago. Then, 75 million years ago, its repetition during Inc. II. Then, only moments later, the OT 2 implant.

You must run this entire chain from early to late so as to crack the implant aspect of Inc. II. This is done on Solo 2. Only this way can you break through to the actual *story* of Inc. II (which is then run on Solo 3).

Consequently Solo 2 consists of two sections: first, running the C.C.; second, running the OT 2 GPMs.

### ***Practice***

This is how you do it: as you know the contents of this chain of implants you already know the basic on the chain (the original C.C.). So you don't have to start late and go earlier similar as one would ordinarily do it in dianetic auditing, no, you can actually start at the basic. The method used is not listening-style auditing (narrative) but "indication of correct item" - one of the basic tools of auditing mentioned earlier.

The structure of the C.C.: it consists of five implant sections (designated "A to E" in the materials) which were given 10 times in this sequence (10 "runs"). This is what you study on your Solo 2 course (see the checksheet in the appendix).

Start your first solo session on Solo 2 with a big friendly TR-0, space wide open, and speak the following words to the tens of thousands of congealed entities all around: "Hello, all of you! We are now going to run the C.C. implant that occurred 1.5 quadrillion years ago. Each of you please go to your own first item in the first run of the first GPM!"

This often produces good reads, even BDs. In this case repeat the instruction to flat (no further reaction) or F/N. Then you take your platens, covered with a blank sheet of paper, pull the sheet down a bit, read the first line, give it to "them" with good TR-1 and note down all reads.

You as the solo auditor don't have to believe a word of this. It is perfectly alright to consider this mere fantasy. That doesn't matter. You'll get reads anyway, provided you keep your auditor presence with good TRs and no attempts to invalidate anything that's coming to you. Maintain an open attitude and keep your opinion on the matter to yourself as you would in any session.

And you will get your reads. Quite often pages of them.

It's like TR-0 bullbaited. The implant commands as listed in the materials (called "platens") hit a button in you. Or not. If they do, the button is repeated until it is flat.

On TR-0 nobody wants to know *why* the student is reacting. That's beside the point. What matters is that the button causes a reaction, and that the repetition of the button flattens that reaction.

With the Solo Levels - and any other auditing, actually - it isn't any different. No matter how bizarre the story may sound: if it reads it's run. That's the duty of the auditor. It's actually part of the code.

You don't have to believe what the auditee tells you, whether he is an incarnate thetan, a disincarnate thetan or an entity. You don't want to know why there is charge, it's quite enough to see *that* there is charge. You help the auditee handle his charge. That's the long and short of it. After all it's *his* universe, not yours.

### ***Keep It Light!***

When you audit on Solo 2, *do it lightly*. The idea is that there is this huge charge hung up in mid-air and you have to some extent identified with it, and now that you are addressing it, it will gradually deflate and that shows on the meter as reads. Like letting the air slowly out of the inner tube of this huge truck tyre now that one finally found the valve.

So *audit it lightly*. It ought to fall into your lap. Don't force it. Don't exert even more pressure on those entities than they have to bear already! Your meter will sieze up if you do.

When you don't get reads on the first command on the platen, go on. Go down a half a dozen commands, see what happens. Go down a dozen. See what happens. Once it starts reading you can always go back up to the top and pick up the reads that will be available then. That's part of the tech of it (see the C.C. instruction book for details).

It's either something or nothing: charge or no charge. When it's something, you drain all the charge out of it, to F/N. When it's nothing, you acknowledge the fact that there is no charge and get an F/N on that. Either way you get an F/N.

To say it again: *keep it light*.

One doesn't *have* to have that sort of case, not necessarily. Some have it more than others. It may not be your personal case anyway. Perhaps you weren't there when it happened. Perhaps you connected up with this particular data bank fairly recently only. Or perhaps you just never connected up with it at all! Depends entirely on your level of awareness and havingness, as pointed out further up.

So it's alright not to have reads and not to have that part of the case - but then you should have a clean F/N on that fact! If not, there is something fishy.

### ***F/Ns And The EP***

F/Ns play a special role in this sort of auditing. You call a command off the platens, you get reads, TR-3 on the command, more reads, TR-3, more reads, TR-3, no reads. You go down to the next line on the platens. And so on, in this fashion. When the reads begin to thin out, you go up a few lines and start working downwards from there.

When you get an F/N you simply leave that line and go on to the next one down, honoring the little key-out that occurred there. When you come up to that same line later on, having jumped up from a few lines further down, you simply carry on after this F/N.

And if you did only that, if you just followed this little rule of "when I get an F/N I go down to the next line on the platens", you would sooner or later get

the following phenomenon: you call a command off the platens, you get reads, TR-3 on the command, more reads, TR-3, more reads, TR-3, F/N. Next line, you call the command off the platens, you get reads, TR-3 on the command, more reads, TR-3, F/N. Next line, you call the command off the platens, you get reads, TR-3, F/N. Next line, you call the command off the platens, you get reads, F/N. Next line, you call the command off the platens, F/N. Next line, F/N. Next Line, F/N. Next line, F/N.

Don't take it further. That's it. Don't force it. That's the EP. The solo auditor usually feels like "something cracked in my space". Rehab in case of overrun (which will occur if you try to squeeze more reads out of the action than it readily gives).

Note that the EP may occur whilst doing the clay demos on the checksheet. Some people get extremely emotional on these demos. The C/S must take this into consideration when looking at the ensuing session phenomena of that person.

When the EP has occurred on the original C.C. at 1,5 quadrillion years ago, you don't need to audit the repetition of the C.C. at 75 million years ago. You cracked the basic and that's it.

However, you do have to run the next implant on that chain, the one that was given right after the repetition of the C.C., and that's the OT 2 implant. Same procedure as described for the C.C.: first an R-Factor (with "Inc. II" and "75 million years ago" replacing "C.C." and "1,5 quadrillion years ago"), and then running each line till the whole thing F/Ns.

That's the end of Solo 2.

## SOLO 3

After Solo 2 the huge congealed mass encrusting your aura, consisting of theta quanta, ridges and entities, has broken up into chunks. On Solo 3 these are called up and audited one by one. Ron Hubbard called them BTs and Clusters.

### ***Auditing Style***

On this level a different auditing style is used. On Solo 1 and 2 it was auditing by direct indication of charge. On Solo 3 this is done also (on each step of the Inc. II and I sequence), but on each incident it might broaden to a narrative, and of course one goes down a chain (from Inc. II to Inc. I, earlier similar incidents and earlier universes). All these are basic tools packaged up for a specific purpose.

You as the solo auditor know the contents of the Inc. II story, at least in its general framework as stated on the OT 3 platens. You don't have to find it out from each individual BT or Cluster. The story consists of a sequence of six steps. You simply add "Go to ...!" as a prefix to each step and intend the BT through the incident (LK3/appx. B).

What you are actually saying to that BT is: "There is this incident 75 million years ago and it started with a capture, remember? Everybody got shot and then they were hoovered up. And then the freezing, remember? And the transport, remember?" And so on. Each time you say "remember?" you get a read, ranging from tick to BD. You are indicating to the BT: this is what has happened.

The BT will follow your indications all the way down the story of the incident and blow (disappear, disconnect, evaporate, as-is). Which means all the theta quanta it consists of return to their owner, wherever he may be at the time of your session (either on Earth or on one of those 76 planets).

If the BT doesn't blow, you go through the story a second and perhaps a third time (that's the narrative aspect of Solo 3 auditing). And if he doesn't blow then, or if going through it repeatedly was the wrong action, tightened the needle and drove the TA up, you go earlier and take him through Inc. I (that's running chains). Use the same method of adding "Go to ...!" as a prefix to the Inc. I sequence described in the platens.

And if the BT doesn't blow then, you ask: "Earlier similar incident when little foreign-made theta bits were stuck to you?". When that reads you TR-3 the question and keep TR-3ing it until its flat or you feel a blow with an F/N.

Still no blow: "Earlier universe? A time when you were self-determined and purposeful and winning?" TR-3 to F/N.

In either case you don't need answers or pictures. It's alright to do it by needle response only.

Note that the needle may not have the time to actually F/N as the next BT or Cluster is sitting right there already, wanting to be noticed. Kills the F/N, see? Such a throng! So you ask: "BT already blown? Next BT already there?", and run him through his Inc. II.

### ***Standard And Trouble Shooting Questions***

On Solo 3 there is no fix you couldn't get out of by asking a few simple questions. There is a limited number of possibilities only, and when things don't go smoothly you just check through these possibilities in a yes/no pattern. The needle tells the tale.

Here is the standard *sequence of questions*:

"Anyone for Inc. II?" Read. Locate the entity. It reads when you have found the exact spot in or around your body or in the space around you.

"Is it a BT or a Cluster?" Whatever reads, take it up. In either case you run Inc. II. A Cluster will break up sooner or later. It might happen on any step of the Inc. II sequence.

You *don't* run a Cluster through Inc. II! Inc. I was done on individual thetans. A Cluster you run through Inc. II until it breaks up, if need be repeatedly. Should you miss that moment the needle will tighten and the TA rise. "Cluster already broken up?" BD. Great.

And then: "A BT for Inc. II?" Read, locate, run II, I, E/I, E/U, blow.

Repeat the questions until all the BTs from the Cluster just broken up are through. Questions goes flat. Return to "Anyone for II?" and proceed as before.

Any trouble like needle going tight and TA rising, just ask (depending on where this happens): "Should Inc. II be re-run?" - "Inc. I available to be run?" - "Should Inc. I be re-run?" - "Earlier similar incident available?" - "Earlier universe?"

Or: "BT already blown?" (F) - "Different BT on the line?" (sF) - "Go to the capture!" Etc.

Or: "More than one BT on the line?" (LF) - "Alright, which one wants running first?" (F) - "Ok, go to the capture!" Etc.

Or: "Is this BT really a Cluster?"

Or: "Is this Cluster really a Cumulative Cluster?" (That's several clusters caked up with each other. See the explanation further down.)

Or, when all else fails: "Overts on Inc. II (or Inc. I, respectively)?" (sF) - "Ok, run Inc. II from the overt side", and just go through the steps as usual. At some point he who was involved in the overt part of it to start with, made a mistake, his craft crashed and this way he got into the motivator side of it. The motivator side will run out after the charge on the overt side was recognized. That's all it takes. When they become difficult and want individual handling, use the Excalibur command sequence on them.

Here is a little clean-up process in case Solo 3 starts to go sluggish. Sluggishness is a sign of BTs having jammed up. They are ready to blow and just wait for a final acknowledgement. A BT bottleneck! To let them rush out, start with the earliest incident:

1. "Anyone for an earlier universe?" - Read. - "Rehab it!" - TR-3 this to flat or F/N.
2. "Anyone for an earlier similar to Inc. I?" - Read. - "Run through the incident" - Take each BT to blow/FN, if need be by going earlier.
3. Repeat question 2 to flat or F/N.
4. "Anyone for Inc. I?" - Read - Run the incident. Take the BT to blow/FN, go earlier as needed (as in 2 and 1 above).
5. Repeat question 4 to flat or F/N.
6. Now you are back to normal and go on with the usual: "Anyone for Inc. II?"

Don't worry about no pictures. It's alright to run Solo 3 by meter read and faint images only. Or without any images at all. They will turn on good and juicy on Excalibur. Always do.

And don't worry about all of this being "science fiction". You give your commands, you get your pictures, you run them out. A button has been pushed, you repeat it till it's flat. Same routine as TR-0 bullbaited.

Just because some Earthlings cannot confront Incident II doesn't mean it didn't happen.

Don't go into the 36 days so to avoid cross-restimulation and freewheeling. You push one BT too far, beyond the implant image called "the pilot", and the rest of them may go off like firecrackers. Means sleepless nights for solo auditor as well as C/S.

Handle overrestimulation ("freewheeling") by: "How many BTs and Clusters in restimulation?" Get the figure with a read, indicate it (TR-2), get another read. Then: "Each of you go to your *own* capture!" TR-3 till flat.

Repeat this little process till flat. Then go back to the standard sequence of questions.

Take lots of vitamin C and B1 ("GUK formula"). Take niacin. This strengthens the energy field of the GE and keeps the entities at a distance. Still no sleep: don't take valium, drink beer! And good luck. It might be tough.

What's a *Cumulative Cluster*? It's Inc. II clusters caked up with each other because of later similar incidents restimulating Inc. II, such as explosions, fires, heavy impact, shock, atom bombs on TV, whatever.

When you get a read on "Cluster?" at the start of the sequence and the Cluster doesn't run well on Inc. II, you suspect it's a Cumulative Cluster, ask the question on the meter, get a read, and then run the chain of mutual incidents (when they awoke and clung to each other) from late to early: "Latest mutual incident?" - Picture flashes up. - "What was it?" - Picture becomes clearer. - "When was it?" / "Where?" each to LF or BD - "Is there an earlier mutual incident?" - "What? When? Where?" - "Yet an earlier one?" - "What? When? Where?" - "Yet an earlier one?" - And you arrive at running Inc. II quite naturally, because that's when Clusters were originally formed, and you can handle the separate Clusters in the standard way.

### ***The Solo 3 Program***

General note: There is no need to start a session with an F/N. The next lot of BTs have already lined up for auditing, so of course there won't be an F/N at session start.

Another note: When there are distractions from the program by trouble in life: Run 6 ruds on the situation or the terminal and determine ownership. Then go back to the step on the program you are on. (From this stage in auditing checking ownership of charge must be part of normal procedure regardless of what action is run.)

1. After doing the clay demos on his Solo 3 course the solo auditor's BTs and Clusters are wide awake and eager to be released from their 75 million year captivity. The clay demos have caused sufficient restimulation for a whole load of them to be ready for auditing. So all one has to ask is the starter question: "Anyone for Inc. II?" - read - locate where it is - read - "BT or Cluster?" - read - "Go to the capture!" And so on.

You simply carry on like that. Break up Clusters by taking them through Inc. II. Individual BTs you take through Inc. II and Inc. I, earlier similar incidents (E/Is) and earlier universes (E/Us) to blow. You carry on till the starter question goes flat. No further reads on it, F/N.

2. "Any BTs or Clusters in or on my body?" Travel with your attention through your body, scan through skin, inner organs, bones, limbs. You'll feel attracted to certain spots. When they read on the meter: "Is that a BT or Cluster?" And there you go. Until question 2 goes flat on the meter.
3. "Any BTs or Clusters in the space around the body?" Locate and run. Until the question goes flat.
4. When your attention on the body flattens off (2) you will feel quite naturally drawn into the space around you (3). When that flattens off you will feel drawn back to the body. So keep alternating 2 and 3. Just go where your attention goes. Until that's flat and you get a definite and final F/N on questions 2 and 3.
5. "Any BT's or Clusters *being* my body or parts of it?" That's asking for full identification with the body or a body part. Quite different to question 3. Locate and handle as usual: Inc. II - Inc. I - earlier similar to Inc. I - earlier universe. Never change that routine.
6. "Any BTs or Clusters *being* my space?" Very interesting stuff! They look like soap bubbles, sometimes encapsulating one's entire body.
7. "Any BTs or Clusters being me?" Or: "... being Joe?" (Put your own name in.) Locate and run as usual.
8. This one is a little more complex: a) Go in session and make a list of drugs, medicines, injections and alcoholic drinks you have taken. Just note down anything that comes to mind and how big the read is. b) Take a brief break and establish the sequence of the items by the size of their reads. c) Take each reading item up with the question: "Regarding aspirin (for example) are there any BT's and Clusters in restimulation?" Locate and handle. Repeat the question till aspirin (or whatever) F/Ns. Then go to the next

reading item. The EP should be an F/Ning drug list. (Don't use any old drug list from years ago! Make a new one.)

9. Another complex one. It works on the theory that any incident that traumatized the body may cause BT's and Clusters to wake up and cling to the picture of that particular incident, thus forming new clusters or Cumulative Clusters. This process is called "Milazzo" in the OT 3 platens, after the Sizilian harbour town where it was developed.

a) In session, make a list of illnesses, accidents, injuries, unconsciousnesses, operations, anaesthesia. b) Take a break, establish the sequence of the items by the size of their reads. c) Pick up the first item with the question: "During this incident, was a Cluster formed?" - Read. - d) Scan over the incident to re-familiarize yourself with it, in other words flatten it on your own time track. - e) Then do a Date/Locate, finding the exact point in the incident when that Cluster was formed. This should give you a BD which means that the Cluster has broken up. - f) Then ask: "Any BTs or Clusters for Inc. II?" and do your usual routine until the question goes flat or F/Ns. Then return to step c) regarding the next item on your list. And so on until all items on the list have F/Ned.

10. This is the last one. Picks up any remaining yet undetected charge of oneself, BTs, Clusters, other people or bodyless thetans. a) Assess 6 rudiments with the prefix: "Regarding Solo 3, is there (rud)?" - Read. - b) Check for ownership of charge: "Whose charge is that? BT? Cluster? Another's? My own?" - c) Run what reads the biggest, to F/N. Then back to a) and re-assess.

Repeat steps a) to c) as often as it takes to F/N all ruds with regard to Solo 3. And then you know that you are through. No question.

# EXCALIBUR

Excalibur on the one hand is a method by which one may audit any type of entity at any point on the bridge. This is Excalibur as an auditing procedure. It is fully described in the appendix to the "Pied Pipers" (LK3).

On the other hand, Excalibur is a solo level in its own right. It ties in with the sort of awareness and havingness a person has after the completion of Solo 3. As such it is described in this text.

## ***History***

Excalibur was developed by Bill Robertson in 1985 as a result of his attempt to make sense out of the NOTs materials. He wanted to co-audit NOTs. He found the materials to be rather superficial. They didn't seem to be an extension of the purposes Ron had in mind when he devised OT 3.

Robertson had done OT 3 "on the ship" with Ron Hubbard close by. So he put everything together he knew of OT 3, added PTS/SP tech and the power processes, combined this with some NOTs principles, and out came "Super-NOTs" - which later came to be called "Excalibur".

The materials generally referred to as "Captain Bill's Excalibur" mainly consist of the so-called "Tech Briefings", specifically number 4, 7 and 8. They are taped lectures given at a briefing in Frankfurt in 1985. Bill broke the news concerning his latest discoveries to a group of about a dozen of his closer associates. The lectures reflect Bill's excitement and contain a lot of personal information about his recent sessions in order to illustrate the novel phenomena he had found. They don't make the tech of Excalibur very clear, though (partly because at that time, it wasn't clear anyway). Consequently, over the ten years that have elapsed since, Excalibur became a rather superficial imitation of what it was in its formative stages. So in a way, Bill's Excalibur suffered the same fate as Ron's OT 3: once released to the general public and due to insufficient instruction and supervision, it went down the drain.

## ***What's Being Audited***

Excalibur deals with BTs and Clusters wearing a "special hat". They (or rather the thetan they are an energy residue of) "agreed" to wear this hat under the extreme duress of an implant. "Better be *that* (whatever they identified with) than be nothing", they thought.

The solo auditor is closely identified with these specialized BTs and Clusters. In contrast to the "usual OT 3 fluff" one is liable to pick up as one comes down to Earth to take one's incarnation here, the Excalibur BTs and Clusters were glued to the thetan for eons. They are running his life. He is in their valence. For this reason they don't come up on routine Solo 3.

It's on Excalibur where you encounter the SP BTs that are mentioned in the OT 3 pack but rarely found on routine Solo 3.

Excalibur is not a "fits all sizes"-level like Solo 1-3. It's tailor-made for each individual solo auditor. It focuses on the specific stops and inhibitions the solo auditor may encounter in running his life, attaining his purposes, fulfilling his mission, accomplishing his ideal scene. Therefore it starts with an interview. This is followed by an audited section since the technique of Excalibur is a lot more demanding than any previous solo level. It takes getting used to.

### ***The Interview***

In the interview the solo auditor is given the chance to re-evaluate his life in terms of the Solo 3 experience. He doesn't look at himself any more as the one-lifetime obsessed earthling who once walked in from the street to get some therapy, no, he has grown in size and usually feels responsible for larger affairs than just his own private life. He has touched dimensions beyond the scope of Earth life. His level of ARC/KRC is a lot higher than ever before.

He may not have actually talked or listened to his BTs and Clusters yet. Perhaps most of his auditing was done on the meter without any live communication from his "auditees". He may not even believe the whole story of OT 3 to be true. He doesn't have to! But nevertheless, what has become real to him without question is the fact that there *is* charge on the subject, that the charge is not his, and that the whole phenomenon cannot be explained away by saying "I'm only imagining this and that's why it reads on the meter."

The Excalibur interview is no repetition of the rather broad and general Life Repair interview at the bottom of the bridge. It's more elevated than that. It is the attempt to define the auditee as a player of a self-chosen game within a larger and more general games context. And although he may not be able to define his game in full yet, he sure knows what situations in life do not correspond to the ideal scene he imagines for himself. They simply "feel wrong". So at least he knows what his game is *not*.

The interview is built around questions like: "How are you doing in life? What senior goal do you pursue? What ideal scene are you trying to attain?"

How is this reflected on each of your 8 dynamics? How do you get on with it? What works, what doesn't work? What is fun, what isn't? Major obstacles? Personal inhibitions you keep bumping into? Regarding your game, who do you consider friends? Who do you consider enemies?"

Freely 2WC these questions until the auditee sees his various life situations clearly and unequivocally in front of him. In general, on each question, work towards a clearly defined Itsa with large reads. On the last two (friends/enemies), get individuals or groups, have them named.

### ***Interview Analysis And Evaluation***

The reading statements of the interview are grouped according to subject. Their reads are added up to get the total TAA per subject. As an example, let's say that four subjects emerge: there is charge on cats, dogs, pears and stovepipes.

As a general rule you'll find that the many reading statements in the interview boil down to no more than three or four subjects. In Excalibur terminology these are called "stacks" (because Robertson picked up Ron's statement from the NOTs pack that "each case is stacked differently"). Which means (following the example above) that there are four situations in the auditee's life, four departures from his ideal scene.

To do a proper data evaluation, the auditor in his role as C/S needs a bit of cleverness, courage, and human understanding. Luckily he cannot go far wrong as long as he stays in comm with his auditee. When he is doubtful about his analysis he can always get some more data or the auditee's opinion by doing another brief interview.

To carry on with our example: The auditee mentioned cats five times with a TAA amounting to 1.5, he mentioned dogs seven times with a TAA of 0.9, pears have 1.8 TAA, stovepipes 0.4 TAA. Is pears the top stack then, with a TAA of 1.8? Or do cats and dogs combine to "pets", adding up to 2.4 TAA and therefore forming stack 1?

When in doubt, ask the auditee!

### ***Finding The Stack Wording***

Now let's say the auditee was given a brief follow-up interview on the matter of cats and dogs and said it all came down to pets. He has always had pets, not only cats and dogs but canary birds, rabbits, and guinea pigs. But he was never successful with respect to this area of his life. Solo 3 didn't help to

change this. Actually, this is why he wanted auditing in the first place: problems with pets. It got touched on many times before but was never fully handled.

"Pets" is the problem. A big GPM: he wanted to make it go right and couldn't. This has the most charge, this is stack 1.

The theory of Excalibur has it that the auditee (or any person, for that matter) is identified with all sorts of entities, some of which may be OT 3-type BTs and Clusters whereas others were created at other times on the track.

"Being identified" means: one doesn't notice. One has become one with these entities. Same viewpoint. No distance. All viewpoints have collapsed into one viewpoint.

To make a thetan the boss again, his own viewpoint must be peeled out from this blend of viewpoints. The stack wording reflects this blend.

Therefore, finding the stack wording is *the* crucial operation in Excalibur. The success of the whole action depends on it.

Finding the stack wording is done in session with an auditor. The auditing tool is L&N. The auditing question is: "Regarding the situation you described with regard to pets, who or what would live in such a situation?"

With this the auditee is asked to define his games role, his hat, regarding a specifically troublesome area of his life. He is asked to take a distance and look at himself.

It may take quite a while before he comes up with a final answer! You can coax him along by paraphrasing the question. For example: "Supposing your life was a novel, what would be the right name for the role of the leading character?" Or any other variation to keep him going.

It may take an hour before the auditee comes up with the desired BD/VGIs/FN item.

On the way there he will mentally touch all the entities, BTs, Clusters and valences that come to play in this particular, aberrated area of his life. As he touches them (unknowingly!) he'll get their particular aspect of the affair and each time will voice a tentative wording. Indicate charge as he goes along to keep him oriented. Don't sit like a log with a frozen layer of TR-0 on your face. Be active, be part of the process!

It is a spiralling motion: the auditee gets in comm with all associated entities, waking them up as it were, mentioning tentative wordings, slowly spiralling

down to the central wording - and then there is this grin on his face, big read, he giggles and says: "Well, I feel like a miniature lion tamer!" BD, F/N.

With regard to the area of pets, he feels like "a miniature lion tamer". That's his stack wording.

Often the wording comes in two parts. The auditee may start out saying: "Well, in a funny way I feel like a lion tamer!" LF on the meter. "This reads well," says the auditor, "perhaps you could qualify this a little? What sort of a lion tamer?" So the auditee keeps looking for another little while, and up comes the complete wording.

Technically defined, the Excalibur stack wording is formulated as a beingness, a role, a hat, an identity. It is *not* formulated in any other way. (For the experts: I'm aware that Robertson didn't do it this way. Which is the reason for many failed cases. It took me five years of research to arrive at the procedure described here. It works.)

### ***Grooving-In Sessions***

After the stack wording has been found, you take a brief break as the auditee may have had quite a win on finding it. Then you continue the session with the standard starting question: "Anyone connected with `minituature lion tamer`?" - Read. - Locate. Get the direction and the distance. - Read. - "BT? Cluster? Some other entity? A thetan?" - Identify and indicate with good TR-2. - Then follow the Excalibur procedure as described in LK3, appendix: "What's your hat? What do you call yourself?" And so on. (The basic tools used most frequently on Excalibur are repetitive recall and narrative style.)

This is done until the auditee gets the hang of it and takes over from you as the auditor. Now that he feels certain on the procedure, the auditee becomes the solo auditor once again. This may take anything between 5 and 15 hours of audited Excalibur.

Usually I phase people over on a gradient: first auditing them across the meter shield, then sitting side by side with the auditee watching the meter, then the auditee auditing solo with me standing by, then him solo by himself.

Up to now (on his Solo Practical and Solo 1-3), the solo auditor has dealt with fairly harmless situations or with routine operations. Now he gets vivid pictures combined with a full set of emotions, sensations and somatics turning on. And not only will those BTs and Clusters start talking to him, they are even out to control him and do him in! And some, as it turns out, aren't even entities but real thetans! Quite horrifying, really.

This certainly takes getting used to, both in terms of experience as well as technical skill. Takes shrewd thinking, too. Sometimes you have to actually outwit these guys! You definitely can't rely on some procedure to do the job "for" you.

In the course of Excalibur, you'll find yourself growing. Your enemies will become bigger. But you will become bigger, too! And this is important: because you cannot audit a being that makes you feel small. Out of this the game of "out-biggering" derives. Before starting the process, you must make yourself bigger than the terminal. Make your space bigger than his space, look at him "from above", if need be, and fill his space with admiration, no matter how awesome he seems to appear to you. You can win this game because he works from a fixed consideration whereas you, the auditor, don't.

The odd thing about Excalibur is this: it gets people in touch with space ships and galactic politics. It always does, whether C/S or solo auditor believe in it or not.

In this way Excalibur confirms OT 3. It isn't all "Ron's case", as some said (mainly the disappointed ones). It's *really* like he said! Fact.

### ***Auditing Procedure***

First some theory: An entity is a double-sided ridge. It was formed by another some time in the past. You have put enough of your attention on it to become aware of it, yet not enough to as-is it. So it stays with you. The ridge has now two owners: the originator and you. (This is the 7th dynamic aspect of it. There is an 8th dynamic aspect as well, see LK3/ch. 1.1).

The Excalibur auditing procedure breaks down to two parts: first the solo auditor handles his non-confront on the entity by finding out what it did to him whilst it was with him (questions 1-5). Then - with all ruds between auditor and "auditee" in - the moment of creation of that entity is addressed (questions 6-9).

If need be, the history of the ridge has to be audited from late to early: who used it and for what purpose between the time it got together with the solo auditor and the time it was created? How was it used and mis-used? Only after clearing this chain of incidents will it be possible to get the final answer to "How did you become that?"

The general viewpoint one ought to take regarding BTs and Clusters is that they, much as they act like SPs, are really just very PTS. They went into

agreement with SPs at a moment when they were at the point of "being made nothing of". (Remember that command on the PTS rundown?)

They had the choice between either being annihilated as thetans or identifying with one of the valences suggested during the 36-day implant. They did the latter. They became stuck in an enforced viewpoint. So they are out to help - even if in an aberrated fashion. They are basically good. Bear that in mind when you audit them. Be patient.

When in session you audit the entity in front of you by Excalibur procedure until it blows. This is the rock-bottom auditing principle of Excalibur.

A blow may occur anytime - on any step of the procedure. Please note that on Excalibur it is safe to go through the 36 days in all detail. There is no danger of cross-restimulation like on Solo 3. In fact, at times you *must* take the entity through the 36 days. This is because the answer to "how did you become that?" requires finding the exact moment of identification with the viewpoint the entity is stuck in - and this may have occurred at some point during the 36 days!

When the BT doesn't blow but is interrupted or kept from communicating to you, you find out if some other entity is interfering. This entity is called a "holder".

You audit the holder by the exact same Excalibur procedure until it blows or is interfered with by yet another holder. And so on.

This is the way you find out about the core point of Excalibur: the BT "org board", the active and working interconnectedness of entities.

When you have reached the top holder (the first one on this chain of entities to actually blow), you then audit your way down again to the entity you started out with. You audit the whole chain in reverse sequence, from top to bottom.

This is usually very easy and effortless. It feels like charge was draining off like water from a bath tub after you pulled the plug. (For this reason this whole organized structure of BTs and Clusters was jokingly called a "plug" by Robertson.)

As you go along auditing on Excalibur you'll find more and more often that top holders turn out to be thetans. You go from a BT to a monitor BT and from there to a spaceship crew member, i.e. to a thetan. It always goes that way. Because as one's awareness and havingness grows, one takes on bigger enemies.

No matter what you get, whether entity or thetan: use the Excalibur procedure from beginning to end. It'll take you through.

When you meet a very resistive entity or thetan, meaning someone who is definitely there but not willing to communicate, use power processes 4, 5 and 6 (LK3/appendix).

Run each process as long as it produces change. The idea is to get down to power process 6, i.e. to the condition the entity is stuck in perennially, crack it, get a full dramatization and phase over to narrative style auditing.

You can as-is ("blow") an entity - but not a thetan. A thetan you can only disconnect from after handling his aggressiveness.

Ask him what hat he wears with regard to you, i.e. in what games condition he is with respect to you (first question of the procedure), take this wording up, run him through the Excalibur procedure and eventually find out how he became that.

Because at one point he must have decided to be that, either on his own volition or by receiving an implant. Helping him to re-discover that decision takes him off this compulsive viewpoint. And as soon as he has recalled earlier, happier and more self-determined universes, he'll be on his way.

You have turned an enemy into a friend.

On a very high plane of awareness (KRC, not ARC!), all thetans are basically friends. Except that the going got a bit rough here and there, and one forgot about this underlying friendship.

### ***Rules Of Thumb***

When an entity disappears from view, there are four explanations:

One, he has moved to a different location in your space.

Two, he has lost so much charge that he dived off (submerged).

Three, he has disappeared into thin air. Not a good and strong blow but a gradual fading away.

Four, another entity keeps him from communicating (a holder).

When your "auditee" is an entity or a thetan, in other words a real terminal, use Excalibur Long Form.

When you are dealing with stray theta quanta ("loose fluff"), use Excalibur Short Form. And after each session make sure to use loads of admiration on all

theta quanta left flying about. This ends cycle on Xenu's game for them as well as for the thetans they are an extension of. They came into Xenu's game to get admiration and they never got it. Now they are getting it, and so they may leave.

When your terminal is definitely there but won't respond and is *not* suppressed by a holder, use power processes 4 to 6.

(The methods are explained in LK3/appendix.)

### ***Rudiments***

Don't run ruds on Excalibur. They soften up the stack you are working on.

Take the viewpoint that inside as well as outside a session you are dramatizing the stack you happen to be auditing on. So in case of no F/N or even a high TA at session start: don't worry. Just look for BTs, Clusters or thetans associated with the stack wording. As soon as you have found one, the TA will come down. It was high because there was enough of your attention on him to ridge against him but not enough for you to be fully aware of him.

This always works - provided the spacing of your sessions isn't too far apart. You should audit minimum two sessions a week. If you don't, life may throw some other stuff at you and that may break the particular dramatization of the stack you are working on and get some other, lesser stack restimulated.

Should you really go out-ruds "on life", you will find that you simply cannot audit on your stack as your attention is pulled elsewhere. Well then, you have to take this up. But don't handle it by ruds but by Excalibur technique: make a brief list of the real-life terminals you feel unhappy about, and audit the reading ones by Excalibur procedure: your boss, your husband or wife, your insurance salesman, your business partner. Find out about the games context you share with them. Ask them telepathically, on the meter: what hat do they wear with regard to you and your game? That's the first question of the usual Excalibur procedure. And then go through the rest of the procedure.

No person in your life is there by sheer accident. You drew them into your space by emanating the specific blend of vibrations you are sending out continuously: your own plus that of your "crew". They felt attracted to you by affinity resonance (7th dynamic) and, on a higher level, by comparable postulates (8th dynamic).

Whilst on this level, the same technical approach unvaryingly applies. Not only concerning disincarnate BTs, Clusters and thetans you happen to be

connected with, but as well to the very real flesh-and-bones people in your social environment.

It's a telepathic connection in either case, naturally.

### ***Games Teams***

As a result of Excalibur you'll find some of your friends, colleagues and acquaintances leaving, to be gradually replaced by other friends, colleagues and acquaintances.

This is why: not one person in the universe is a single individual. Each thetan knowingly or unknowingly is the representative of some games team. The game of this particular universe was started some 25 quadrillion years ago. Not all players entered this universe right at the beginning. Many dropped in whilst the game was already going on.

They all had something in mind doing here. They joined others with comparable purposes, or were sent by those outside this universe to see what went on inside it.

In either case, thetans are representatives of games and teams. And you as a thetan will be surrounded by exactly the sort of people corresponding to the vibrations you put out. This works by the laws of affinity, reality and communication, as usual. In engineering terms one might say that it works by resonance.

But you are not alone, you have a bank with you. The BTs and Clusters of your case represent certain thetans who in turn represent certain games teams. As long as you are in a state of identification with these entities, they are blended in with you and each other. This results in a common vibration.

This vibration, by the laws of ARC, will attract people into your life: into your marriage, your office, your club. It is the manifestation of ancient games conditions you had with one set of people being dramatized today between you and a different set of people. (They may also be the identical people!).

So look at the people surrounding you as representing games teams. Define their hats with relation to you (in session) when you have charge on them, and audit them telepathically.

And even though you may not have audited each one of them, you will notice that the less desirable people around you leave you, to be replaced by other, more desirable people.

In the final stages of Excalibur you will find yourself mainly auditing your connections to thetans and their games. BT's, Clusters and other entities will appear less and less.

In auditing thetans telepathically you'll find them to be "around you" or "with you" rather than "over there" (as you know it from BTs). Do use Excalibur procedure as usual, but use it on the games that those thetans wear with regard to you. Don't audit "them". Audit the function they represent.

And don't expect them to blow. Thetans don't blow. They disconnect as soon as they have cognited on the error of their ways. They leave you alone - or indeed you would have to review your own ethics in the relationship.

Excalibur changes your overall vibration. It makes you vibrate as yourself, not as "yourself plus entities". So what's left in the end is you as yourself with the right people surrounding you who support your central purpose. And with you supporting theirs.

### ***C/Sing Excalibur***

Don't do your Excalibur straight after Solo 3. Let some time go by. Allow yourself to settle in on the new level of awareness and havingness of Solo 3. Just fly your ruds occasionally. Learn to control your mental environment on this particular level of perception (of BTs and Clusters).

Only go on when this gets boring and uneventful, and when you feel ready to explore new horizons. Or when your TA goes up and doesn't come down and you feel you are up against an impenetrable wall. In either case it's time for Excalibur.

Have your C/S or auditor do your interview.

After the interview has been analysed (as described) and the first stack on the case been isolated, you as the auditee are grooved in until you can go on by yourself. Go home and complete that stack auditing solo.

The technical EP for each stack is: the stack wording F/Ns when the solo auditor calls it out. In our example: "Anyone connected with 'miniature lion tamer'?" Nothing connected with it any more. F/N.

To make dead sure about this EP, run 6 Ruds on the stack wording. Do make sure to assign correct ownership to each read.

When the solo auditor feels certain about his EP, it is confirmed by another auditor (or the C/S) acting as examiner. He gives the solo auditor the starter

question. Nothing should happen, though. The F/N should appear just the same.

However, two intentions are stronger than one and it is not unusual for some more entities to be found. This doesn't invalidate the F/N of the solo auditor. It just means that a deeper layer of the case has been reached. The solo auditor handles this solo to EP, and the EP check is repeated.

And so on, until it's F/Ning on both counts: solo and duo.

When the wording of a given stack has F/Ned, the solo auditor must come in to get another interview and a new case analysis.

Although the first interview might have shown a sequence of four stacks, they are not simply worked off one after the other. This is because auditing the first stack may have touched on components of the other stacks, partly discharging them and therefore making them either unnecessary to look at or changing their sequence.

It is perfectly alright and actually desirable to let some time pass between stacks so as to allow the thetan to settle in to his new case situation. So after F/Ning a stack, the solo auditor comes in for a new interview. One asks him what life feels like after the EP of his recent stack. Then one looks over the stacks one found in the original interview, and in 2WC with the auditee establishes their importance in the light of the latest data.

The second stack is filtered out, and a wording is found. And then off home to audit it. (People aren't good at finding their stack wordings solo. I have tried it. Doesn't work. Too much identification. Takes a second terminal, i.e. another auditor.)

Stack by stack the case is taken to pieces. Eventually life will be under control. The solo auditor will know his ideal scene and be certain that he can attain it. No further major departures from the ideal scene, no further Excalibur items, F/N.

The final two C/S instructions on Excalibur are these:

1. "Find out about your own involvement with Xenu's game. Run your own Inc. II and Inc. I, or whatever earlier incident your involvement started with." (Both incidents to F/N, with full sound and colour, dramatic effects and postulates, please!)

This conforms with the last C/S Ron suggested for OT 3 on the handwritten materials. After getting rid of all body thetans, one is

finally free to run one's own Inc. II and I (with nobody left to disturb one).

2. a) Run 6 ruds on each beingness found during Excalibur, i.e. on each stack wording. Assign correct ownership of charge on each read. (You should have actually done this after each stack, but sometimes this isn't possible. So do it now if it wasn't done before. If it was done before, go straight to b.)  
b) Now switch over to lock scanning your *own* track and find out how and when this beingness was created. This is the basic. Yours! It's usually something you *did*, not something that was done to you. Switch over to narrative and find the reason for creating that beingness, i.e. get the postulate that created it. (Omit this step if you found this out already on the ruds.)

### ***The EP of Excalibur***

Now, with all BTs and Clusters gone, with his own involvement in the two key incidents and Xenus game in general clarified, in short, with the R6-bank rendered powerless, the solo auditor may go off to live life and face its realities in an uncushioned way (with no thetan-bank in between).

He has recognized entities and old telepathic games connections, and has dissolved them or disconnected from them.

He is in control of his space on dynamics one, three, four, six and seven, so much so that new entities don't even come close let alone have a chance to settle in.

Ethical and administrative sanity in life set in as proven by stats and products.

This is the ideal EP, needless to say.

Unfortunately it doesn't occur often as it's watered down by body problems. Most people have body problems. Therefore, as his whole track entities and games conditions become less and less important, the solo auditor's attention will be drawn to a different source of charge: the body and the entity managing it, the Genetic Entity.

For this reason the solo auditor may not have enough free attention to run the two final C/S-instructions on Excalibur just given. Don't worry, it will be done later. What's up now, is obviously the GERD.

### ***Possible Dangers of Excalibur***

One possible danger of Excalibur is that the solo auditor may get hung up in spaceship hunting or 7th dynamic goo. The more they fight this 7th dynamic goo they more they get sucked into it. Like you walked in the mud and your wellies were pulled off your feet. Leaves you helpless.

This will happen invariably when the stack wordings aren't correct, when the solo auditor has no stack wording to work from, or when he most adventurously decides to go off on a wild chase of his own. "Let's go get those bastards!" He fancies himself to be fighting for a noble cause, but most likely he's just in for the thrill, acting out some whole track "knight in white armour" valence.

It may go as far as this: that a C/S will feel called upon to assist a struggling solo auditor by auditing that person's case telepathically.

I'm not in favour of this at all. It's the role of the C/S to train his solo auditors so that they may handle their case solo. It's *their* case, *they* are responsible for having it, *they* have to work their way out of it. So hat them and delegate to them, but don't bypass them!

The handling of space ship hunters and 7th dynamic do-gooders is as follows: call them in for an interview and have them word the situation they are dramatizing by such activities to BD/FN, then send them off to audit that stack solo. As long as Excalibur items can be found, Excalibur is the right tool to use.

Excalibur doesn't make one look much at the overt side of things. It is primarily concerned with motivators. It investigates what those nasty entities did to this pure innocent little thetan (the solo auditor). It does free the thetan of added entities, but it doesn't ask what that thetan did to attract those entities in the first place. This leads up to the "knight in white armour" syndrome.

For entities to be able to latch on to a thetan he must have put something there for them to get a hold of, some sort of adhesive tape as it were. The general technical answer to this is of course: it's his own Incident I particles! That's what constitutes the adhesive tape for all later stuff to stick on to!

Well spoken. So that's the mistake he made: got involved with Xenu's game and never got out again. But what's the postulate behind that? *Why* did he join? (First postulate.) And what altering consideration kept him from being able to leave? (Second postulate.)

These aspects of the case are handled during the last two C/S instructions of Excalibur and on the Self-Exploration and Perfection Program (SEPP) following the GERD (see later sections).

### ***One Xenu Each***

At some point during his Excalibur the solo auditor will tell the C/S that he found Xenu himself as the top holder of the "plug" he is working on, and what should he do now?

Such statements have to be evaluated with some caution.

Surely, Xenu is the mastermind behind the construction of this particular universe we happen to be sharing. He is as much present in it as he has poured his theta quanta into it (lots of them!). To the extent that one perceives these one will feel connected to Xenu "personally".

And one is indeed! Because connection and interchange between thetans is done solely by means of theta quanta (see Factor 11). At least on the 7th dynamic.

However, correct as the observation may be (that one is connected to Xenu via his theta quanta) it would be wrong to construe this to mean that "Xenu is after me personally".

It's like saying: "I'm connected to the World Bank via my credit card". Or: "In his recent letter the Minister of Finance has asked me to pay my taxes". Both statements are true, but then again they aren't. I guess you know what I mean.

The C/S must bear in mind that during Excalibur, the solo auditor is still up against his own yet unresolved Incident I or earlier Incident I, in other words the incident when he connected up with Xenu's game by agreeing with Xenu's games particles. Whether these were enforced on him or grabbed by him out of curiosity, is beside the point. One way or the other, a connection was made. That's the point.

So he is up against the glue he himself has put out to bind Xenu's particles to himself. As long as these remain he will of course encounter Xenu as the top holder of his BTs. He has put him there himself eons ago, and he still does at present!

How to resolve this situation practically?

Don't do anything unusual at all. Stick to your ordinary Excalibur routine. "So Xenu is your name? Ok, as Xenu, what do you want to attain? Prevent?"

Etc., etc. And should the terminal prove to be unresponsive, use power processes 4-6.

Mind you, not everyone who claims to be Xenu, is in fact Xenu. It could be anyone, trying to make himself look more impressive. So do your usual routine, and all will be well.

On Excalibur you are paddling about in a sea of theta quanta. Anybody who you ever have put attention on or who has put attention on you (below 2.0 on the tone scale), will come alive on this level and "haunt" you.

## **THE GE RUNDOWN (GERD)**

Let's take a look at the solo auditor's mental condition at the start of the GERD: after Solo 1-3 and Excalibur, all "old" entities are gone. The only components of the composite case left are the thetan and "his" GE.

With no further influence from BTs and Clusters the somatic banks of the GE can now be addressed without any distraction. This is done on the GERD. Put in a nutshell, the GERD is something like Book One auditing on a higher level.

It has been said before and I'd like to repeat it once again: the GE isn't "just another entity". It is the vital intelligence of the body. It's a decision-making unit in its own right. The word "genetic" doesn't refer to one genes (DNA, hardware) but to the morphogenetic field and its survival programs (software) permeating and surrounding the body. "Genetic" is derived from a Latin word meaning "to bring forth". So the Genetic Entity is that agency in the body that brings forth life.

### ***The GE, Your Obedient Servant***

The GE, to remind you, will take orders from anyone. It doesn't discriminate as to the legitimacy of an order as long as it comes from the top - no matter if the originator is an entity or the thetan himself, no matter if the order given is sane or insane.

The GE is always going to try to oblige. For any information package she gets from "up top" she will try finding the right somatic. An "information package" would be a postulate in combination with a picture. The GE will obligingly attempt to "orchestrate" this information package by finding suitable somatics.

Example: a man's execution; his head is about to be chopped off. Postulate: "I'm a total loser". Anytime this thetan feels frustrated in a future life, he will unknowingly activate the postulate and re-create the picture of the incident. The mocked-up picture will directly press on the person's neck area, producing a light sensation there.

Yet that's only one part of the story. The other part: the GE running his *present* body becomes also activated! The energy mass of the thetan's picture resonates with the energy field of the GE (the usual ARC mechanism), thus triggering the GE's endless somatic banks.

An engram containing the sort of somatic that suits the execution incident will be contacted. That somatic will be much more intense than the sensation produced by the picture mass that was mocked up by the thetan himself. He develops an acute and perhaps chronic somatic in the neck.

The same mechanism would of course apply to entities. They can only work on the body via the GE (as long as the thetan is in an unconscious and uninspected agreement with them and lets them do so!).

So it is not sufficient to get the thetan's viewpoint on a certain incident and take it to F/N. One must also get the GE's view of the matter to do a good and clean auditing job.

The thetan's views - and those of his entities - were taken into consideration right from the beginning of the bridge up to the end of Excalibur. Yet the thetan's identification with the GE was never looked at!

This identification is caused by non-confronting his overts against bodies and GEs all along his whole track.

Now - finally! - it's the GE's turn.

That she wasn't taken into consideration earlier already, is one aspect of the ARC-break a GE may have with "her" thetan. That he didn't always look after his body properly constitutes another aspect of the ARC break. And that earlier similar thetans did similar things earlier on, of course adds to the ARC break.

It's the "never trust a thetan" syndrome.

### ***End Phenomenon Of The GERD***

This situation of ARCXs between thetan and GE with subsequent engram dramatization, is addressed by the GERD. Its EP is based on two subproducts:

*Subproduct one:* The thetan is aware of the GE and can audit her. A workable commline has been established. The engrams and implants of the GE's bank are cleaned up through auditing (narrative style to erasure).

*Subproduct two:* Through auditing the GE, the thetan recognizes how much he was in the grip of the GE and dramatized the below-zero part of the tone scale ("eat", "sex", and all that). He peels these valences off and yet again becomes "more himself".

*End phenomenon:* A self-sufficient and independently operating GE that has been fully rehabilitated with regard to her hat of making the body survive optimally. A de-aberrated GE that permits her thetan to freely play his games,

knowing that he in turn will act responsibly and not let her down by playfully hurting the body.

An efficient and loving team, co-operating successfully in terms of health, sex, and longevity (the GE's hat), and in terms of large-scale games (the thetan's hat).

When this EP has been attained, auditing engrams on the meter becomes superfluous. Ordinarily a brief dialogue with the GE should be sufficient to remedy the situation, along the lines of: "What is it? Can you fix it? Till when?" And it gets done.

I believe that these results were strived for in early dianetics when it was believed that the thetan had no bank and the only influence on him consisted of engram pictures from the somatic mind.

Yet this EP could not be attained in those days as multitudes of entities were in the way. Now, with the entities gone, it can be attained.

### ***Prerequisites To The GERD***

It obviously makes no sense putting someone on the GERD who is still in a games condition with entities or his body. You want someone who is free of entities and takes care of his health.

Coffee and cigarettes *are* drugs. Without a question. So is sugar (sweets, cakes, jams etc.). The auditee, after having done his Purification Rundown ten times over, is supposed to have gotten rid of all of his street and pharma drugs - yet at the same time he fills himself up with coffee, sugar and cigarettes! And his only form of "physical" exercise are computer games. What nonsense!

So don't fall for the "Purification Rundown myth". Look at your solo auditor as he lives *now*.

Handling the somatics of such a person by auditing is fairly pointless unless you manage to get the auditee's ethics in on his body. Of course, erasing some of the engrams his attention is on, will help to get him started on an upward swing - but as long as he doesn't actually discipline himself to make this upward swing persist (better food, no drugs, plenty of exercises), more engrams are going to get restimulated.

It's like trying to audit a man whose foot is caught between the jaws of a pitbull terrier: as long as the dog doesn't let go the pain won't end, no matter how intensively one may audit the man.

Auditing is also hopeless as long as the aberrative commands of entities or the thetan himself affect the GE. You audit a dozen engrams and the somatics

are still there! That's because the postulates backing up the engrams haven't been found yet. They keep triggering more engrams.

So there is no point auditing engrams unless you go for the postulate in the incident! If you don't, you might as well leave it. The postulates of thetans and entities act as permanent commands to the GE.

The thetan is the boss. When he is aberrated he isn't much of a boss because he dramatizes his own GPMs as well as those of acquired valences and entities. Unbeknownst to the thetan and due to his non-confront and identification, these postulates keep certain commands in place. It's like the thetan was telling the GE: "Please produce a somatic that fits the bill!" And the GE most obligingly does so. (This, by the way, is the mechanism behind Service Facsimiles.)

You have to get at the source, not work on the effect side. The source of engrams in restimulation is the thetan and his entities, and the postulates of both.

People with lots of somatics will naturally need dianetics to start with (for example by means of Postulate Auditing). Yet this may not be sufficient to handle their somatics for good. They may have to go through the Solo 1-3 band to handle the entities contributing to their somatics, they may need Excalibur to get rid of SP entities - until finally they are ready to address the GE as such. And then, on the GERD, the as yet undetected engrams on the case can be dealt with.

To get there may take some two hundred or three hundred hours all in all (duo and solo). Which somehow fits in with the sort of prognosis Ron did on some of the early tapes: "This case will take six hundred hours to clear." Sure thing. It does take a lot of work.

Anyway: don't get anyone started on the GERD who is busy fighting entities and keeps messing up his body! You'll clock up loads of hours without a real result.

### ***The Thetan's Responsibility***

That a thetan got entities at all is his own fault. Anything going wrong with the body is ultimately the thetan's fault. Don't blame it on the GE.

The GE is only trying to orchestrate somatically what she perceives as coming from higher up. You might say she speaks to the thetan through her

engrams. It's her way of acknowledging the thetan. When the thetan doesn't listen, the engrams turn on worse.

Example: thetan angry, frustrated, overworked, stressed. Lots of tension affecting the GE and thereby the body. The GE cannot win. All her energy supplies are being drained empty. And he never stops, keeps fighting, keeps being frustrated and stressed. Result: stomach somatic.

Why the stomach? Because that's the power point of the GE. It's the third chakra: physical power.

The GE is organized as 7 chakras (energy node points), and she will "talk through them" to the thetan. (The 7th chakra is *above* the head indicating thetan exterior, witness certain Buddha statues.)

Depending on the situation at hand, any chakra that's irritated will create ridges or dispersals where there should be flows. This in turn affects the organs in the vicinity of the chakra.

A headache equals too much thinking equals 6th chakra. Thyroid hyperactivity means something wrong with communication, that's the 5th chakra. Emotional trouble, losses etc. affect the heart, that's the 4th chakra (often resulting in breast cancer). The stomach chakra is the central command post (power through food), that's chakra number three. Sexual power: 2nd chakra. Basic survival functions during comatose state before body death: first chakra.

Chakras 2 and 3 are the most powerful as body maintenance and procreation are the major drives of the GE.

### ***One's Personal Org Board***

To summarize: in one's personal org board the command line runs thetan/entities - GE - body. As a general rule the body is ill because the GE has engrams in restimulation. Illness isn't caused on a direct line from thetan to body since the GE is in between.

The thetan works on the GE, so do his entities. The GE works on the body. The body is what it's all taken out on.

Outside factors such as infection, radiation, poison, pollution, bad food and water do play a role, of course. Illnesses stemming from that wouldn't usually be called psychosomatic because "it's the environment doing it". However, on closer inspection it does have to do with the thetan, too, in this case with his lack of awareness of what his GE is going through and his subsequent lack of GE control. Or with his agreements with the rest of the universe.

If the thetan had good control he would tell his GE not to worry, and so damage due to outside factors could be kept within limits. This may sound utopic and like some advanced paranormal ability but in fact everybody does it. If they didn't, everybody would get ill at the same time whenever a flu is about. And feats like walking through fire wouldn't be possible.

People often mix up body and GE. They say things like: "But I do sports and exercises regularly! And I'm on a macrobiotic diet! And I only drink imported spring water straight from Nepal."

Fair enough. But that's not looking after the GE, that's looking after the body! The body is the hardware, the GE the software, you see?

Provided you are in good communication with your GE, you should be able to survive well on drinking London council water, eating hamburgers, and having no more exercise than taking your dog for a walk. Because ultimately, one survives through tapping the cosmic ether streams (prana, chi) rather than by eating food. As long as the thetan doesn't cut his GE off from this endless power supply, his body is bound to live forever. (Sounds really good, but I'm still waiting for someone to demonstrate it.)

It is amply demonstrated in hypnosis that the GE can be made to dramatize all sorts of physical phenomena at the hypnotist's behest. As soon as the thetan has handed his authority over to the hypnotist, the GE is under the hypnotist's control.

Now if it is true that thetans can control GEs it follows that the GE be better controlled by the proper owner of that body instead of another, and that this owner ought to build up the necessary ARC/KRC to do so.

### ***The Steps Of The GERD***

The steps of the GERD are briefly:

1. Do an interview on the solo auditor's relationship with his GE and body.
2. Handle the out-rud situation between thetan and GE (and vice versa).
3. Handle all engrams in restimulation.
4. Run out all the postulates accrued so far by repeater technique.
5. Run the Clearing Course implants from the viewpoint of the GE.
6. Run out your own involvement with bodies, GEs and the whole Yatruscan game.

Step two and three may have to be done in reverse sequence, depending on the situation. Too much attention on the body due to unwanted sensations and pains: do step three before step two (engrams before ruds). Reverse, when the body feels alright but it isn't quite the ideal scene yet: do step two and then three (first ruds, then engrams).

The following sections expand on these steps with added hints and suggestions.

### ***One: The Interview***

One way of bridging over into the GERD from Excalibur may be by finding a stack wording for the non-optimum situation the auditee sees himself in with regard to his body.

This could be considered a central situation, a stack. Have him find a wording for the beingness he is dramatizing in this particular games condition with his body. After solo-auditing all entities connected with this situation he will eventually find himself talking directly to the GE.

So you do an interview and analyze it as usual. Yet this time the questions don't focus on the thetan as a player of thetan games but on him as a team-mate of his GE.

Ask the auditee what he would imagine the ideal scene of the body to be, find out how far the existing scene is off the mark. Get him to tell you what his life is like on the 2nd and 5th dynamic (sex, family, children, health, body condition). Ask specifically: "Do you feel you have the right body at all? Too large, too small, wrong sex?" As well 2WC the GE-related parts of the tone scale from 0.0. to -8.0, i.e. from "being a body" at death to "hiding". Does this pertain to the auditee's life? You will get plenty of reads. (For further notes on the tone scale see appendix.)

The answers you are getting may sound like the thetan was talking, but in fact it will be the GE talking "through" the thetan. The GE will talk through the thetan as long as the thetan is identified with it. Same mechanism as earlier on, on Excalibur, regarding the relationship between thetan and entities.

To say: "I'm hungry" is a GE-statement, really. A thetan isn't hungry! It's the GE talking through the thetan. The thetan usually doesn't notice this, such is his degree of identification. The correct statement, taking all hats on the org board into consideration, would be: "My GE is reporting that this body needs feeding."

The trouble with the thetan/GE relationship is that you are talking to two overlapping energy fields both of which are wrapped around the body. The GE is the "inner lining" as it were, the thetan the "outer lining". He may of course stop being the outer lining, for example when he is exterior, but the normal working relationship is: two fields wrapping up the body.

In session the auditee (or solo auditor) may mistake the GE's track for his own. He may think that he is giving you his own answers or pictures when in fact he is voicing those of the GE. He will become convinced that he still has a huge dianetic case complete with atrocious sex overts and motivators, and that this had been left untapped all along the bridge. Just when he thought he was approaching case completion!

To avoid confusion and frustration it is therefore vital to discriminate correctly between the authorship of the pictures coming in. It always is. But here, on the GERD, it's perhaps more difficult than before, because the images don't seem to come from out there, like in the case of entities, but from within!

### ***Two: Rudiments***

Whether one starts the GERD with ruds or engrams, in either case one would have to create a comm line to the GE as the first thing. One may proceed as follows (referring to an auditor grooving his auditee in):

- 2a. Feel the space inside and around your body. Where would you locate the GE?" (Some people will immediately focus on the solar plexus, others will have the impression of being wrapped up in an energy field, others again will experience the GE as hundreds of busy little dwarves and gnomes working away on their different tasks, with one of them, usually located around the navel area, being their representative. In either case it feels entirely different from the Xenu-type entities one got used to on Excalibur.
- 2b. Some further help to get in touch with the GE: Have the auditee recall a pleasure moment in sports, sex, or any other physical activity. At such times a thetan is usually exterior and, as an auditee, can recall viewing his body from outside. Then run this command bracket repetitively until the auditee feels confident about his perception: a. "From where could you communicate to your GE?" - b. "From where could your GE communicate to you?" (Should end with an F/N.)

- 2c. Have the auditee concentrate on the space of the GE and address the GE. Have him run this bracket repetitively: a. "Look at me, who am I?" - The GE answers; usually it's something not very complementary (like: "You are the guy who wrecks this body by drinking and smoking"). - b. So you say: "O.k., I'm Joe, the thetan operating this body. Is it alright that I audit you?" Run until the GE has blown off enough steam (due to pent-up anger) and agrees to be audited.
- 2d. 2WC between auditee and GE. Have the GE establish what she feels responsible for and what the thetan should be responsible for. In short, have her define the hat of each. Get her to state the ideal state of co-operation from her viewpoint. Big read with perhaps an F/N even.
- 2e. The auditee asks his GE: a. "What have I done to you?" - b. "What have you done to me?" - Repeat a and b to flat or F/N.  
This handles for the GE motivators it has received from the thetan and overts it paid back to him. For example the GE may have made the body fall ill in order to stop the thetan's high-risk games! This doesn't seem to conform with the theory of "the thetan is the boss", yet from the auditee's subjective viewpoint - and as long as there is a games condition between him and the GE - it does look as if the GE had committed overts against him.
- 2f. Optional: when not too many overts spoil the scene you may invite the auditee to ask his GE if the scene between the two ever actually matched the ideal, and if so, have *her* rehabilitate it and find out what went wrong. What accident, injury, poisoning etc. occurred that keyed engrams in and put the two on a less optimum course?  
Either here or on the next step, solo-auditing becomes possible. From 2a through 2e it takes an auditor to monitor the process, but as from step 2f communication and willingness have been established sufficiently to continue solo.
- 2g. You can now run rudiments on the GE. Addressing the GE, the solo auditor asks: "Do you have a (rud) with me?" They usually do, due to having been mishandled from before birth. This may go back E/S a long way (or it's ruds of long duration) having to do with thetans in general mistreating GEs in general.  
Do make sure to filter the key postulates out of the basic on your rud chain! Because repeating those postulates on step 4 will get you down to

the really gory and nasty stuff. (This is how the data on Yatrus were found out, by the way.)

### ***Three: Engrams***

This is where you handle engrams. Always get the postulate in the incident and put it on your list for later use!

What follows now isn't a strict sequence of C/S instructions but rather a loose set of suggestions.

- 3a. In case of an immediate painful somatic, perhaps accompanied by a high TA, one may ask the famous Book One question: "What engram would resolve this case?" On the level of awareness the auditee has now, this actually works like magic. Try it also on chronic somatics.
- 3b. In case of a rather complex pattern of somatics one might ask: "What traumatic situation in the life of an organism would create that sort of feeling?" Take any utterance, any sensation or somatic, any "weird idea" occurring instantly after the question, as an answer. So *don't* split it up into AESPs! Quite often it's a single incident in full-blown restimulation that creates the whole pattern.
- 3c. Equally you might ask: "How many engrams are in restimulation on this (somatic)?" - Catch the figure that flashes through your mind (for example "25"), catch the read on the meter, acknowledge by indicating to the GE: "Regarding this somatic, 25 engrams are in restimulation!" - Then: "Which one is the worst and ought to be run now?" - Get the picture, run it out by narrative style. Run it to erasure and F/N and find the postulate.

*Don't* go earlier similar! That will surely get you into trouble. One set of somatics, one incident accounting for it, erasure.

Somatic doesn't fully disappear? Same procedure again: "How many engrams in restimulation *now*?" And carry on as above. This way you'll always catch top priority items. Until the somatic is gone and the GE feels confident that this area is under control.

The *GE* has to feel confident! Not just the thetan. This is a *GE*-Rundown. You are the boss, up on the 15th floor. They are the work crew on ground level. The company won't run just because you personally, as the boss, feel confident! Unless *they* feel confident, too, nothing in the shop will move.

"They" (the GE) have to be willing and trusting in order to work reliably. Which requires understanding and competence from the side of the boss (you). Emotional understanding, clear orders. Positive leadership. And no hidden command lines either in the form of old standing orders (counter-postulates) or 3rd party coming from entities.

To get a good and clean erasure, always run all available viewpoints (LK2/p. 58). That's a general rule.

On the GERD you must specifically address the *body parts* that were affected by the accident or injury. *That's* where the impact was received and recorded, *that's* the actual engram. Although it happened way in the past, to a different body (not even your own), it feels like the impact was still sitting right there at the same spot in your own body. (That's why some new age type healers believe that pictures are stored "in the muscles".)

You must address the actual cells that received the impact, no matter if you are working on a this-life incident or a past-life incident. This way you get the GE talking. It talks through somatics, mind you! The GE is likely to respond not with pictures but with the somatic strip turning on (see DMSMH). So when you aren't getting any somatics, you are probably running too broad and shallow. You must focus your attention on the actual cells to break through to an engram.

To audit chronic somatics you may have to study anatomical and physiological charts so as to understand the optimum functioning of the system. Only then - by "inner viewing" - may you be able to assess where things go wrong and why.

You can audit as far down as the level of viruses. It has been done.

When you are through an engram (a true engram, as above) and have reduced its charge, don't ask for "postulate?", although this is what you are looking for. The GE doesn't respond well to this question. "Postulate" seems a word more fit for the thetan.

Better ask: "What was the lesson learnt?" or some such thing.

You'll get answers like: "Heat means burns", or: "Great heights mean death", etc.

These are the typical survival lessons learnt by the GE. Although their future application is meant to preserve life, it only results in the famous A=A=A. Everything in the present becomes identified with everything in the past.

As the thetan feels stopped by his body malfunctioning, he feels misunderstood and counter-acted by the GE, and vice versa. So GE and thetan are at loggerheads with each other. This is dramatized as psychosomatics.

Occasionally you may bump into heavy GE implants with the GE refusing to confront them. Mind you, these are implants on the GE proper, not on the thetan/GE/body composite! As in all cases of resistiveness and unresponsiveness, power processes 4 to 6 (done on the GE) will help.

#### ***Four: Repeater Tech on Postulates***

This is the standard Postulate Auditing step after extracting the postulate from an incident. It's run by repeater to as-isness. Applied to the GERD this means that you run all the postulates you have found and put on your list by repeater technique. Handle each incident that comes up to erasure. Carry on this way until the postulate itself F/Ns (un-creation, as-isness).

#### ***Five: The C.C. Again***

To complete the GERD the solo auditor runs through the C.C. implant once again, but this time from the viewpoint of the GE! Remember, she was there, too, when it happened. Run each single C.C. implant command to F/N (which is very different from what one did on Solo 2!). You will get the actual story of the C.C. as described in the "Pied Pipers" (LK3/ch. 4.3).

#### ***Six: Yatrus Connections***

- 6a. 6 ruds "on Yatrus", check ownership as needed. Go through all ruds repeatedly until each one F/Ns on call.
- 6b. Straight recall: "To what extent was I involved with Yatrus' games and if so, how come I became involved?" Run the incident to F/N, extract the postulate!

The EP, to remind you: thetan exterior to the GE. He can operate independently of the body, knowing the body to be in good hands. The GE in turn feels well looked after by her considerate boss, the thetan.

### ***Running The GERD On E.T.s.***

Extraterrestrials aren't quite as well-off and capable as the movies have them. Often they are mere biological robots. If sentient, they actually suffer from their condition. In particular lizard people, much as they need terrestrial GEs to feed on, aren't particularly happy about that fact - them having been humans a while back, and turned into mutants.

When you get an alien entity (with a thetan running it) desirous of changing its biological status, you can help by either auditing him on the GERD or educating him how to do it, or both.

This desire for change usually sets in after you have handled the thetan's hostile intent, usually through Excalibur procedure.

Their main trouble is finding a commline to their own GE. Usually some "soft implanting" was done to make their GEs inaccessible to them. By "soft implanting" I mean the sort of indoctrination one gets from watching world news or science features on TV and believing it. Makes you go soft in the head. That's the sort of treatment they used to get at the time their GEs were programmed.

So this is what you do:

1. Have them find a commline to their GE by whatever means. Use basic tools and be inventive. Have them establish a trusting relationship to their GE. (Goes a lot faster than with Earth dwelling thetans as those up there have no R6 bank.)
2. Have them find out from their GE what the original design for their type of body was and what ideal scene it was programmed to maintain.
3. Find major departures from that ideal scene and trace them to their point of origin. Take the biggest reading one first, as usual. The source for the mutation is not a DNA change but somebody's postulate and intention that this mutation should occur. First thought, then function, then structure, as usual. (The DNA is structure.) Find out who was behind that change, enforcing it. Get the beginning of the incident, narrative style, repeatedly through to postulate and erasure. The usual procedure.

The GE knows! It has recorded it all. (Rough seas ahead: you may run into GE implants here.)

After auditing one of the aliens, say the space ship commander, to a win, they will be eager to get training and make this tech widely available.

Training occurs by downloading concepts. Those guys out there are really fast on the telepathic pick-up. The moment you have mocked up the concept of how to do something it goes swoosh! and they have it. (I once stayed in touch with a lizard ship for some weeks checking up on their progress, and they did fine. This progress was also noticed by other solo auditors. See appendix J.)

### ***High TA***

On the GERD, a high TA at session start usually means "engram in restimulation". You may have handled something to F/N one day, yet the next day your TA is high: the next item in line has boiled up overnight. Just find out: "What engram is in restimulation *now*?" and audit to erasure.

After the end of the GERD, when thetan and GE are in smooth co-operation, a high TA may not be caused by an old engram in restimulation but by the GE attempting to shield the body against evil influences from the outside (spaceships beaming down information via microwave, general radiation, hostile intentions, telepathic attacks, etc.).

Usually the GE is more aware of such factors than the thetan. This is because the thetan tends to focus his attention on the game at hand, at the exclusion of a great part of his sense perceptions, whereas the ever-watchful GE keeps her attention span wide and sweeping.

The GE's attempts to defend her home (the body) drive the TA up - as long as the thetan hasn't noticed. Yet as soon as the boss has noticed that the red lights of his early warning system are flashing and takes action (first on the meter, then in real life), the TA will go down.

If this is not caught in time it may turn into psychosomatic complaints. When the GE sees no other way of getting through to the thetan, she will use somatics.

### ***Auditing Yatruscans***

Auditing Yatruscans is like trying to catch the soap whilst sitting in a bath: slippery stuff.

When they come as flesh-and-blood auditees, one quite often wonders why they want auditing in the first place. Do they really desire any change? Are they willing to take responsibility in life and support the insights gained through auditing by discipline and rigour?

When one contacts Yatruscans telepathically it's even worse. All one has is a thin comm line which they usually withdraw as soon as you come too close to the truth and they start feeling uncomfortable.

They don't really put up a fight. And they have absolutely no overt consciousness. Anything they do is sort of alright and sort of happens and one thing sort of leads to the next and everything is sort of vague, really, and does anything matter at all, except how one happens to feel from moment to moment?

Telepathic contacts can be audited by Excalibur procedure concerning the hat that thetan wears. Usually Yatruscans are chatty, yet after a while you'll realize that chatting is their way of *not* responding to your question! So the old rule applies: when a terminal is unresponsive, use power processes!

This works alright as long as the comm line isn't withdrawn - in which case you can't do much but wait till the terminal re-appears at a later time. Simply pick up the action where you left off.

Very inconsistent, very unpredictable. But there you go: that's Yatruscans for you.

Yatruscans as auditees, i.e. as flesh-and-blood people in front of you, perform not very differently from telepathic terminals. Either of them get TAA and F/Ns, and anytime you think that they ought to be having the cognition of a lifetime, they invalidate the whole action. Or they appear to have that sort of cognition, yet in their next session it is as if that cognition had never happened. Or out in life they behave like they never ever had had a session.

Try this: 2WC "Do you actually have a problem?" Try to make them pinpoint a specific problem. Not a difficulty, not a misemotion, no, a *real* problem: an area of life where the intention of the thetan is outweighed by a counter-intention, leading to inactivity.

This presupposes a fighting mentality which most Yatruscans do not have. So when they actually come up with a real problem, you know you are getting someplace!

Here is a question to test how seriously they take that particular problem: "What would happen if that problem was resolved? What ideal scene would suddenly be attainable? And would you actually go out of your way towards attaining it?"

And then, when a real problem combined with an intention to solve it have been defined, it's green lights all the way. Use Postulate Auditing.

This is a good one, too: 2WC: "Any time in your life when you were doing things just to find out far you could go with it, and for no other reason?" - Get some examples. If it reads well: "What would you call that sort of attitude?" - Get a well-reading wording. And then Postulate Auditing.

### ***Supportive measures***

Keep an eye on the body: food, sleep, exercises, no drugs, etc. Goes without saying.

In order to stay in touch with the GE and learn to feel and use its lambda forces, I can only recommend eastern exercises such as Aikido or Tai-chi. Both teach you to stay aware of your body energies at all times and use them harmoniously so as to ensure health and longevity.

Thetans tend to run away in their mind, leaving the body behind. It's like an engine with too many horsepower shooting out of the bonnet and leaving the car behind in a heap. Aikido and Tai-Chi teach you how to expand as a thetan and yet stay in step with the body.

Morehei Uyeshiba, the founder of Aikido in 1913, was a genius in that he found a fighting technique that exactly duplicates the Yatruscan principle of winning by not putting up a fight - except that he used this principle to create harmony between the contestants. No tricks involved, no treachery. The exact opposite to Yatruscan methods.

Uyeshiba's system is based on finding the optimum solution. "Aikido" means creating harmony (ai) between the all-pervading cosmic ether force (ki) and one's own activities (do). It's like TR-4 transposed into physical action. It's a "both win"-system, not a "one wins, one loses"-system. It's fighting Yatrus with his own principles but different intent.

### ***GERD, Possible Dangers***

In the course of the GERD one becomes very sensitive to the GE - not only one's own, but the GE in general. One may tune in to the criss-cross chit-chat between GEs, no matter if they happen to run human, plant or animal bodies. One may become so susceptible to this that the GERD turns into a never-ending rundown! Anytime one sits down with the meter one finds oneself having picked up yet another, new and different commline to some close-by or far-away GE that unloads its somatics upon one. Quite uncomfortable, really!

The reason for this is the same as that for an endless Excalibur: no decent program to work from. The solo auditor who only occasionally goes in session

without a proper C/S, "just to have a look around", will *of course* find all sorts of things he could possibly latch on to or has already latched on to - and there you go! Endless.

Rather than being a tech problem, this is an ethics and admin problem. Obviously your personal organisation (consisting of thetan, GE and body) is wide open for unsolicited incoming communications. So if you cannot simply command your GE to stop accepting and opening any "mail" coming her way and concerning herself with its contents, and if you yourself, as a thetan, can't help being overly curious - well then, word the beingness you are dramatizing to BD/FN and find out who or what is connected with it (Excalibur style). You may encounter some rather interesting terminals that way - not entities (that's over since Excalibur) but GEs and thetans acting as GE-controllers.

When you run out of terminals *connected* with you through that particular beingness - why then, fly ruds on it and see if that takes you down your *own* timetrack. Because after all, in order to have that composite beingness you must have mocked up the core of it yourself to start with.

In the course of this one may encounter Yatrus face to face - or what one considers him to be. Have another look at the section "One Xenu Each" at the end of the chapter on Excalibur. It applies equally to Yatrus, except that Yatrus works through the GE and a thetan's identification with it, whereas Xenu worked through theta quanta.

## AUDITING MEST

So far on this bridge we were dealing with a person's 1st dynamic (before Clear), his 3rd and 4th dynamic (Solo 3 and Excalibur), and his 2nd and 5th dynamic (GERD). As auditing is a 7th dynamic activity in that it deals with various configurations of mental mest, this dynamic was considered all along, and gradually put in order.

What's missing on the list is the 6th and the 8th dynamic. The 8th will be sorted out with the SEPP. The 6th is what we'll be taking up now, in this section.

When I talk about auditing mest I mean addressing the theta quanta one has embedded in the mest universe since the beginning of one's sojourn in it. I don't mean as-ising the cup in front of you, I only mean as-ising that part of the cup that's yours.

There is no real rundown for this. It very much depends on the solo auditor's interest and level of awareness whether he gets into mest auditing or doesn't.

Usually one's progress towards higher levels of awareness and havingness is monitored by what the bank offers. One is actually "pulled up the bridge" as layers upon layers of charge peel off and offer themselves for inspection.

One basically goes along taking opportunities. Not that one could do much about it anyway. After all one cannot audit *against* the bank!

It's like the bank was a magnet and one's attention was iron nails getting irresistibly pulled towards that magnet.

Most people move from one solo level to the next in a sliding way, phasing out of one and phasing into the next. (Takes good C/Sing to catch this whilst it's happening so as to avoid overruns!) However, some enjoy actual rest points between solo levels where they can take the chance to investigate areas that seem promising and arouse their curiosity.

So either one feels drawn towards auditing mest by one of those "bank magnets" at some point or the other, or one looks at mest as soon as such a rest point comes up. For most this happens at the tail end of Excalibur or after completion of the GERD.

Do take the opportunity when it offers itself!

It feels like suddenly the mest universe in its totality was talking to one. Not as a gigantic generality called "physical universe", no, it's the cups and saucers in front of you, the table you are sitting at, the walls of the room.

Many people have experienced this as a result of prolonged objective processes on the lower bridge. Yet at the advanced level of awareness and havingness we are talking about here, this perception of mest doesn't come as a sudden insight but as a prolonged experience, as an actual state of awareness and havingness. During it, communication and all mechanics of ARC and KRC are applicable.

How to trigger this process off? Hard to say. It seems to come when a person is ready for it. It may not be a needed thing for everybody.

To get it started you need two prerequisites: interest and a rest point between major actions on the bridge. Or you may do it after the SEPP when all bank magnets are gone and you are free to pick and choose your areas of investigation.

Now supposing someone was at a rest point and really wanted to use his time talking to mest, finding out about the origins of mest, make mest quanta return to him and thereby lighten the density of things if only by the tiniest degree, well then, here is a possible C/S:

1. Do a 2WC on each tone of the bottom end of the tone scale (-8 to -40) and find out relevant AESPs. They may appear to be your "own", but in fact may be your mest-embedded theta quanta talking through you.
2. Extract well-reading items, handle by Postulate Auditing.

When you get something going on this approach it will show as an *inflow*. Let them flow *inwards*, to you, not outwards as in the case of an entity blowing.

When you block that flow by unawareness, you TA will be stuck good and high.

The TA goes up on your blocking the inflow of your own theta quanta wishing to be as-is-ed through you by "going" through you. Like you were the chimney of an open fire place and the sparks were getting sucked up below and thrown out at the top. They go free by going through the chimney.

You try stopping that and you'll be getting a lot of smoke: high TA.

How to handle? Expand your TR-0 full scale and let them pass through. "Full scale" would include the table in front of you as well as the outer reaches

of the mest universe. Let your attention permeate these vast spaces. Contact your forgotten theta quanta. Call them back home.

It's a group process: "Each of you go to your own moment of creation, each of you recall their own creation postulate, and then return to static through me". Repeat to F/N.

This may last for days. Once you get this going you may find your TA being up for some days because of your blocking the inflow through non-attention, and it coming down on this R-Factor the moment you are in session. As well out of session. Just give the R-Factor and let them all pass through you. (Use "Excalibur Short Form" in LK3/appx.)

## AN ALL-PURPOSE TROUBLE-SHOOTER CHECKLIST

Supposing you had a high TA and a sticky needle at session start or during a session (this is from Solo 3 upwards) and it doesn't change through applying the processes you happen to be on, what would you do?

I'd suggest you go through the following checklist: "What's causing this high TA? A BT/a Cluster? Some other entity? Genetic Entity? Engram in restimulation? A thetan? Somebody protesting? An overrun? My own charge?"

Handle what gets the needle moving. For each category of charge there is a slightly different approach.

**BTs, Clusters, entities:** Find what it is, where it is, find the incident when they were formed, run narrative to erasure. If any difficulty in this direct approach, if any fine points need getting into: use Excalibur procedure.

**Thetans:** Find the specific games hat they wear with respect to you (second question of Excalibur) and run Excalibur procedure to get them to the point when they agreed to wear that hat.

When you're encountering someone as light and easy as a curious thetan looking in from some strange part of the universe: find the protest that's driving his TA up. It may be simply on your not having noticed him. When it's down, fly six ruds: "Between you and me, is there (rud)?" and determine whose charge it is (yours or his). Now that his curiosity is satisfied, he will happily leave.

**GE:** How many engrams in restimulation? Which one specifically?

**Own charge:** Solo 2WC, get the needle moving, get the TA moving, detect what it is and handle with the usual basic tools. It's bound to be some protest or O/R.

**"More than one terminal** or incident in restimulation at the same time?" When you add this, the list is complete. That's actually all that can go wrong in a session. In *any* session! Be it solo or duo.

Behind the multitude of possible and impossible incidents there stands only one *reason for charge*: protest. ("GPM", "engram in restimulation" and "overrun" are subdivisions of protest).

The *sources of charge* number only four: self, thetans, entities, the GE. (In theory it comes down to "self" since having a case is one's own fault. In the practice of auditing knowing this doesn't really help, because confronting the

totality of one's case would require the havingness of a saint. It would require having already attained what one is only striving to attain.)

There is one specific subdivision to "own charge" that might drive the TA up (as covered in the section on auditing mest): it's theta quanta wishing to return to one, the theta quanta one has parked oneself inside the mest universe in the course of the trillenia.

## **THE SELF-EXPLORATION AND PERFECTION PROGRAM (SEPP)**

Let's review where the person, the solo auditor, stands at this point: he has come to understand his personal mission and the ups and downs along his timetrack, he has disconnected from BTs, Clusters, and entities in general, he has come to terms with his GE. He has called back his theta quanta embedded in the physical universe.

He has put order into seven of his eight dynamics.

But at himself he didn't fully look yet. The fabric of postulates he has created himself with (as a thetan) has so far remained uninspected. Yet it is on this fabric that the whole case he has just cleaned up was stencilled! Without it, no foreign entity or valence would ever have had a chance to get a hold on one.

So it's the 8th dynamic that the solo auditor hasn't taken into consideration yet. This is done on the SEPP.

The goal of this program is to do away with beingnesses one postulated for oneself in the past. Some of these beingnesses may of course have been successful. Nevertheless, at present they may not be useful for attaining the ideal scene one is going for. They don't serve a purpose any longer.

The idea is to travel lightly: to remove all the old coats and uniforms from your wardrobe that you don't actually need on your further journey.

In a sense, all auditing is aiming to restore trust in self. The SEPP results in a final restoration of trust in oneself as the creator of oneself. You can face life without the need for protective devices, warning signals in form of somatics, serfac "blinkers" designed to precisely avoid problem situations, and prejudices which allow you to stop short of clear perception. You grow up strong and trusting in your abilities. (The absolute trust the auditor needs to engender relates to this. Trust, absolute love, honesty, safety.)

### ***Theory***

According to Axiom 25, the departure from the "co-existence of static" begins with a postulate. Thus an identity is created. This is the step from nothingness to beingness.

There is no energy yet. Just pure postulated beingness.

To this primal beingness further beingnesses are added later (by postulate, of course). Some, because one was winning, others, because one was losing. The point is: one never as-ised them. *They* are the old coats in one's wardrobe.

All those added beingnesses are variations of the primal one and were postulated to support it. One wanted to be the ruler of the universe but somebody had to run the PR show and as nobody was around one did that oneself and became one's own PR agent, and then something went wrong with the camera so one stepped in as a camera man, and then a cable broke so one briefly played the role of electrician. All of a sudden one had a number of added beingnesses to that of "ruler of the universe": PR man, camera man, electrician. And one was even good at it!

One might easily have ended up spending several trillion years as an electrician, and one never quite found one's way back to becoming the ruler of the universe.

Mind you, we are not talking about the identification with valences or entities! We are talking about beingnesses mocked up by oneself for a good reason. For a *good* reason! Nothing to do with losses, GPMs, implants and such heavy stuff. One did it because it helped one to *win*!

And after the situation had passed, the beingness stayed. Often one kept operating on the lowest rung of the ladder. (Xenu's game made it even harder to find one's way back up - which was the whole point of that game.)

### ***Purpose Of The SEPP***

At this stage of one's evolvment (after Solo 3, Excalibur and the GERD), one's state of being is usually this: one has more potential beingnesses than one may ever need. Some of them are shady and rather cumbersome, some bright and glorious - and most of them useless.

Why "useless"? Because one tends to live *through* them instead of confronting life directly. Because they comfortably suggest pre-fabricated solutions and so narrow down one's dimensions, one's space and one's expansion potential.

Earlier on the bridge one couldn't deal with this. Too many entities and valences in the way! Now is the time to finally look at oneself.

On each run through the SEPP a beingness is identified, discharged, and either cancelled (if useless) or kept (to eventually end the cycle it was created for).

Because they aren't active one is not aware of them. No friction, no dissonances, no charge.

For this reason the first section of the SEPP serves to scout for such beingnesses. In the second section one audits and un-creates them.

### ***End Phenomenon***

No further beingness actively in operation or potentially in store than one wouldn't actually need to fulfill one's primal postulate as a thetan.

Freedom to create and un-create any beingness as a temporary aid as one goes along. (See as well definition of "Cleared Theta Clear", Tech. Dict.)

This freedom to reach out and look at things is the normal state of affairs after completion of the SEPP, by the way. One's reach and withdraw is all freed up. No further bank magnets left to attract one compulsively.

### ***Prerequisites***

The prerequisites for the SEPP are verified in an interview. Those that haven't been attained fully in one's solo sessions should be audited duo (with an auditor), because quite often the solo auditor finds it difficult to look down his own track with the precision required here. Yet as soon as he sits down with another and is asked a question or two, it all comes to mind in rapid flashes.

When these prerequisites are not in, the SEPP will not be successful. Here they are:

1. The solo auditor has investigated all beingness-items of Excalibur (stack wordings) as to when, how and why they were created by him, or how he contributed to or agreed with them. (This is done by a) 6 ruds on the beingness, and b) straight recall of the moment of posulating it.)
2. The solo auditor isn't troubled by entities. He is definitely above that particular vibratory band of mental mest (7th dynamic). No games condition with BTs, Clusters or any other sort of created entity.
3. He has run his own Inc. I. To be more specific: he knows when and why he contacted Xenu, how he identified with his theta quanta, and has freed himself of them. (Ideal EP of Excalibur).

When the solo auditor gives his account of this in the interview, it must F/N (and be narrated with full sound and colour!).

If there is no F/N or if the action hasn't been done yet, this is the C/S: "Regarding Xenu, does anyone have (rud)?" Fly six ruds until all six of them F/N. Sort out ownerships as usual. And then, straight recall: "What was your involvement with Inc. II? With Inc. I? And how did you get into Xenu's game at all?" Each question is run narrative to F/N.

This C/S may be done solo, prior to the interview, but the F/N must be checked up on by the interviewer. The 6 ruds as well as the accounts of the incidents in question must F/N.

4. The solo auditor lives with his GE and body in peace and harmony. He doesn't get involved in the type of games conditions expressed as "engrams in restimulation". Further, he has recognized his games connections with Yatrus and undone them. (EP of the GERD.)

If this EP has not been attained, do this: "Regarding Yatrus, does anyone have (rud)?" Run six ruds to F/N, always assigning correct ownership to the charge.

Then: "How did you get involved with the game of Yatrus?" Straight recall to F/N.

Should this have been done solo it needs checking on the meter as part of the prerequisites.

5. The solo auditor knows his primal intention as a thetan, his destination or vocation, and is certain that he is on his way to attain the ideal scene connected therewith. He is not any further in a low integrity condition with regard to his game. The wording of his primal intention F/Ns.

If this prerequisite has not been attained already, and should the auditee on a straight question not recognize his primal games postulate, a special program would have to be worked out for him by the C/S (2WC, find an item, do Postulate Auditing or ruds regarding it - whatever suits the purpose).

6. Philosophical prerequisite: To be successful on the SEPP, the solo auditor must have an easy and matter-of-fact comprehension of philosophical basics such as Factors, Axioms, Dianetic Axioms, Logics, Admin Scale, Ethics Conditions, Code of Honor.

### ***Procedure***

You don't need pictures on this rundown. It's very fast and works by knowingness. Waiting for pictures to "prove the point" slows the process down.

Follow your line of interest and intuition. This counts more than a read because usually the reads follow your intuition and confirm what you know rather than leading you to it.

This rundown is very fast. Hard to do it duo, but should be done duo at least once for demonstration purposes.

F/Ns occur very often, not only at the end of answering a question but as well during an answer. By themselves they are not a sure sign of an EP. They need to be accompanied by the certainty that one has answered the question fully and satisfactorily.

*Zero:* Before one begins the sequence of steps with Step A, an F/N with TA in range must show on the meter. No F/N: fly enough ruds to have a stable F/N.

When one has interrupted the program in one session and resumes it in the next session, an F/N does not have to show at session start. One simply continues with the next step on the program.

High TA at session start: don't continue the program, don't fly ruds. Find out what's causing that high TA (see the All-Purpose Trouble-Shooter Checklist).

*Step A. Assessment:* "In order to attain my primal intention as a thetan (fill in the wording found earlier),

1. is a furthering beingness available?
2. is an inhibiting beingness available?"

-> Indicate charge.

*Step B. Question:* "To what dynamic would that beingness relate the most?"

-> Assessment of the 8 dynamics till it's clear which one is the most charged (assessment by elimination) -> Indicate which one it is.

*Step C. Assessment:* "Was this beingness postulated during the interaction with a thetan - an entity - the GE ? Was it postulated by myself solo?" -> Indicate what it is.

*Step D. Assessment of CDEINR-scale:* "Is there curiosity with regard to realizing this beingness? A desire to realize it? Enforced realization? Inhibited realization? No realization intended? Refused realization?" -> Indicate biggest charge.

*Step E.* Describe the beingness completely by summarizing what was found so far, for example: "It's an inhibiting beingness, was created by myself solo, relates to the 4th dynamic, its realization is refused."

*Step F.* Finally, the ten million dollar question: "What is it?"

-> L&N, exact wording of the beingness to BD/VGIs/FN.

*Step G.* Should a terminal have been mentioned on Step C (instead of "created by myself solo") and if this terminal is available to be spoken to, the

first thing to do is clean up his charge and disconnect from him (thetans: ruds; entities: Excal short form; GE: engrams). Only then can one turn to F-0 and work on one's own causation of the matter.

One may have to do step G right after C, if that terminal presses in too hard and absorbs too much attention (TA goes up).

Through handling that particular terminal and one's interaction with him at the time of postulating the beingness in question, one may already begin to contact the creation incident (which is the whole purpose of the program), and carries right on with Step H.

*Step H.* No other terminal needs considering (or was disconnected in Step G). One is free to look at F-0: "How did I create myself to be a (fill in L&N wording found in step F)?" -> Narrative style until creation postulate has been found and the incident F/Ns.

In case straight recall fails to take one down to the creation incident, one may have to approach it gradually by lock scanning: "When did I ever act as a (beingness)?" This naturally will take one down to the first time.

When the basic incident and the creation postulate were found but there is no F/N, continue with Step I.

*Step I:* Use repeater tech on the postulate so that all associated incidents can be washed up, discharged and F/Ned. This way the basic incident will come to an F/N, too. Keep repeating the postulate until it F/Ns by itself.

Before going on, handle all other postulates that might have come up in the process of this step, in the same way.

*Step J:* The beingness is now discharged and can be inspected so as to be accepted or rejected. If things don't quite fall into place yet, one should run 6 ruds "regarding that beingness".

Should that beingness be useful and should one want to keep it, one ought to do a solo 2WC on the ideal scene implied by that beingness and what one would have to actually do to make it come true. Do a sketchy admin scale regarding that beingness, and take it to F/N.

The EP for this particular run through the steps has now been reached. Start afresh with Step Zero.

The technical EP for the SEPP on the whole is an F/N on questions A-1 and A-2 and the certainty that nothing could possibly keep one from realizing the ideal scene of one's games concept in the real world.

### ***SEPP, Final Step***

After the technical EP above there is one further step and unless one did it before in some other context, one must do it now:

1. 6 ruds on Ron.
2. Straight recall: How did one get involved with his game? Run the incident narrative to F/N, get the postulate, repeater technique, as-isness.

That's the *real* end of the SEPP.

### ***SEPP, Ability Booster***

This is an ability booster to help you make it go right en route to the postulated ideal scene.

It consists of two sections, the first one subjective, the second one objective. They may be done in either sequence. Do what you feel drawn towards.

*Section One.* Auditing question: "What abilities would I consider important to attain my primal purpose?" Make a list in session. Start with the best-reading one, give it a well-reading wording, then run 6 ruds on it.

An extremely simple action yet at this stage it goes a long way.

One keeps doing this little action here and there as one goes along. There is no end to this step. Anytime one feels one doesn't quite do what one ought to do in order to come close to fulfilling one's ideal scene, one can name the desired ability in question and proceed as above.

In each case the EP is "a rehabilitated ability", i.e. a *subjective* certainty that there is nothing keeping one from actually doing that sort of thing.

Which takes us to Section Two . Section Two is a must if Section One is to be successful.

*Section Two.* Do whatever training you have to do to play your game convincingly and successfully. Become a professional. Demonstrate certainty *objectively*.

Mind you, you don't have to wait till you get to the end of the bridge before you may start getting trained. Do it anytime. The earlier the better! Any training is better than no training, just as any auditing is better than no auditing.

As a side note: it's well worth having another look at the objective processes in "Creation of Human Ability" at this stage. Some of them are real thetan boosters.

On the lower bridge these processes are usually sold under value since there is too much bank in the way as to allow stable gains on the level of operating thetan. But up here, after case completion, they can be mind-blasting!

### ***Case Completion***

Case completion is the state of having none of one's attention fixated on the first universe so that one isn't kept from playing one's games in the third universe. One finds one's games and problems out there, not in the back of one's mind. One cannot have further gains through applying auditing tech any more but has one's gains in life through the application of ethics and admin know-how. One demonstrates competence observably.

This finally is the point where "positive thinking" can come to its fruition. Before, most good thoughts (first postulates) were coupled with bad thoughts (second postulates) and smothered by them.

Now the good thoughts can *really* do their work!

## **WARNING: BLACK SHADOW THETANS (BSTs)**

The TA may go up during or after Excalibur or the SEPP and just never come down again, no matter what you try.

The reason for this may be an odd variation to the categories of the All-Purpose Trouble-Shooter Checklist mentioned further up, namely that the charge is that of a very special sort of thetan, indeed: a Black Shadow Thetan, a "BST".

(To be precise one ought to say that the charge is one's own really, due to oneself unknowingly interacting with a thetan one hasn't spotted yet. It's always one's own protest creating one's charge, not that of another.)

A BST is a thetan shadowing you. He makes himself part of your space. He makes his theta energy field fairly exactly overlap with yours. He is not "out there". It's not a telepathic connection to some theta energy field in some other place. It's right where you are. Like hand and glove.

You can't tell that a BST is around by location and distance, not by the usual "something funny flowing in from over there". You can detect him by a change of quality only, by your space not quite having your own quality.

It's like ink in water: put one drop of ink in a glass of water and stir, and all of the water goes blue. Now where is the ink and where is the water? You can't tell. But for sure the water has taken on a different quality.

You may get this phenomenon already on Excalibur, but the more usual place is the SEPP. Because on the SEPP you are dealing with very subtle stuff, with the finest aspects of mental nest and even beyond that, with postulates. You are dealing with real thetan stuff, then.

But again, even on Excalibur you may get this very characteristic phenomenon: high TA and no means to get it down. You check for "BST?" - and there you go: you get a D.N. or even an R/S.

Someone is trying to stop you. Someone is trying to keep you from going free and freeing others.

That's the job of a BST.

BSTs were originally discovered by Bill Robertson during the later research stages of Excalibur in 1986. He called them "Black Static Thetans" which philosophically speaking, is a bit of a misnomer. So I changed that to "Black Shadow Thetan" which is not only an apt description of what these fellows do,

but as well keeps the abbreviation alive, it having become generally used by Robertson's followers.

Robertson contrived a rather far-fetched and bizarre explanation for this BST-phenomenon. It rested on his personal insight alone and was neither logically tenable nor independently verified by anyone. That people then found in their sessions what Bill had told them they would find, doesn't so much prove the validity of his explanation but the strength of his authority (and the willingness of his followers to be impressed).

Nevertheless - and typical for Bill - he had gotten hold of something that was indeed true. That he fell for the red herring explanation graciously provided for nosy auditors by Galactic Implanting Unlimited doesn't diminish his achievement.

I must apologize for discussing this at such length, yet I cannot pretend to have discovered something when I didn't. Neither can I leave those readers puzzled who are aware of Robertson's story and hear me tell a different one.

This is what I found in the ten years (1986-1996) of working with Robertson's data, by evaluating them critically and comparing them with what others found independently of me (meaning they came up with it without me having briefed them first):

The stronghold of Xenu's empire since long before Inc. II (probably since the Middle Implant) was situated in the galaxy neighbouring ours, in Andromeda. Anything that went on over here since Inc. II was of course acutely monitored from over there. So when Ron came officially out with dianetics in 1950, it was immediately noticed (LK3/ch. 6.2). Something needed doing real fast to counter him!

Special agents were trained and sent over to shadow the leading characters of Ron's game: the BSTs.

Their training was simple: they were made to go exterior by brutal means (electric shock treatment whilst holding E-meter cans during a mock session), were forced to stay exterior and told to go off to work. No chance to ever get a body again. Condemned to stay exterior for the duration of the universe. (This somewhat compares to the way Ron trained his closer staff in the late 1940s and early 1950s: he made them go exterior and spy on the enemy. Except that his means were less brutal.)

In a way BSTs were to Xenu what the SS was to Hitler: a task force of superloyal, superdedicated, unswaying and unthinking killing machines with grey cold quicksilver in their veins instead of red blood.

Some BSTs were found to have been loyal officers from Inc. II times who were implanted and served the enemy since. Some of the actual people who worked with Ron since the 1940s were abducted after death (as thetans exterior) and taken to Andromeda for instruction by implant, to be sent back here. Senior officials of Hubbard's church were (and still are?) BSTs incarnated on Earth, or good-willed missionaries run by BSTs.

The whole point was to mock, thwart and distort the efforts of Ron to get the antidote to the R6 bank into the hands of Earth people.

One way of getting this done, apart from shadowing Hubbard's key personnel by specially trained thetans, was attaching false time tracks to them.

Attaching a false time track to a thetan misleads him regarding his own past and future, and makes him go for false goals and ideals. A well set-up distraction indeed!

In practice this means that apart from getting the story of that BST's "education by implant", the solo auditor may as well get pictures of future incidents, of pleasures as well as brutal incidents and painful deaths (accompanied by a full set of somatics).

The solo auditor may unknowingly be hung up in several of such "false futures". Some may appear to be his own. Others may be the future accidents or implants of people he knows or has heard about.

The mechanism is this (and I'm not saying that the following wasn't bizarre beyond words): over in Andromeda there is some sort of giant computer producing virtual realities for specific people considered dangerous by the management of Andromeda (Xenu's staff). The past track of the target person here on Earth is scanned telepathically, copied and stored. It is then linked up with comparable past tracks and potential futures of *other* people, and fed back to the target person. This way a virtual reality for that person is created.

Target persons may come to believe themselves to have entirely different identities to their real ones. They may experience other people's somatics which they (the others) are extrapolated to have at some point in *their* virtual future. They may see other people's past incidents with a false time label stuck to them, putting these incidents decades or even centuries into the future. Extremely confusing!

Making a "mind copy" of a person is typical for the sort of implants the Marcabians used to do, particularly on Coltus. The implantee is tortured by

electric shocks administered to the brain (unless it's done without a body on an exteriorized thetan), certain buttons are pressed in him, he creates a mental energy mock-up of his past, the people he knows, his general knowledge or the mission he is on. A copy of this mock-up (or picture) is made and stored away for later use, for example when he doesn't behave according to plan. Most of this works through computerized feedback loops and doesn't take a lot of attention by actual operatives.

To cross-relate the mind copies of individuals and put false time labels on them, makes it nearly impossible to get time and ownership right and so form a major obstacle in as-is-ing something.

This then is Xenu's Virtual Universe Computer Game which in combination with BSTs, served to hold Hubbard's movement down. And it did. Of course the back of this has been cracked along with the rest of Xenu's game, and Andromeda isn't any longer what it used to be (to my knowledge that computer has been switched off) - but the damage has been done, and the dynamics of that game are still strong. Just because the leaders went home doesn't mean that their troops wouldn't continue executing their orders.

Andromeda stopped operating but they couldn't be bothered calling their troops back. So you are still likely to encounter the occasional BST here and there.

BSTs are usually very unwilling to give data or get involved in any sort of two-way communication. Due to the implanting they received they hate the sight of an E-meter. The only way to get them into session is by power processes 4 to 6. After cracking their "education implant" on power 6 you switch over to narrative style and reduce or even erase the incident. Then you get them to run their Inc. II, Inc. I, their personal first incident of agreeing with Xenu, their earlier universes, etc., if need be by Excalibur procedure.

The idea is to a) handle their implant, b) generally disconnect them from Xenu's game, and c) get them to carry on with something more positive.

Virtual Universe Computer scenarios are detected by making a list (in session) of such stories that don't quite "feel right". One must assign correct ownership to them (for example by checking for "BST?" or "false time track?" and indicating the charge with good TR-2).

Mind you, we are not talking about single incidents but whole time track portions extending into the past or future. It's decidedly not related to being out of valence to BTs, entities or the people one knew in one's childhood.

If this recognition of ownership doesn't key the false track out, one must run the other person's future or past incidents to erasure. Or the BST's "educational implant".

(Note: In context with these data it may be useful to read the "Montauk" series by Preston Nichols and Peter Moon, published by Sky Books in New York since 1992. The "Montauk" series makes Xenu's Virtual Universe Computer less far-fetched than it may appear at first glance.)

## HIGHER ECHELON HATS

One important feature of the bridge I'm suggesting here is the recognition of one's hat and the decision to wear it.

Which of course puts one immediately into a condition of danger. As long as one was confused, in treason, in enemy or doubt regarding one's hat, one was as well non-productive on it. In a word: one was below non-existence.

Now that one woke up to one's duties one has become a pain in the neck of one's enemies. And so one becomes a target (for them). One is in danger.

Moreover one finds oneself connecting up with new and old team mates and colleagues. The various parties on the playing field (friends and foes) become clearer and better defined.

Particularly during and after Excalibur the solo auditor will discover "*that he is*", namely that he is a player who people count on. I'm not referring to one's social definition on planet Earth only, but also to higher planes.

One's connecting up with new and old team mates occurs on various theta wave bands simultaneously.

For example: one may have been crew on a space craft or is an emissary of some far-away planet, and people out there are anxious to find out how and why one got lost. They wait for one's debrief and expect one to resume one's duties.

On a plane above that one finds disembodied thetans exerting their influence on various game aspects within this mest universe, and one finds oneself interacting with them.

Above that one enters the echelon of senior management bodies of other, parallel universes, and encounters rather high and lofty thetans looking in on this universe.

Above that reside the Twelve, the rulers and arbiters of games and universes (LK3/ch. 4.1).

And above that is the realm of pure thought, of unmanifested, non-energized thought, of postulates - the 8th dynamic. Any pure thought, of anyone, will support or weaken one or the other of the various games vectors which on the level of the 8th dynamic exist as concepts (postulates) and from the 7th dynamic on down, as mest (mental, physical, organic).

To the extent that a being is able to create, detect and influence 7th dynamic vibrations, he has power on that dynamic. Yet when he is able to create, detect

and influence conceptual thought (postulates), he has even more power. He has 8th dynamic power.

Bearing this in mind the solo auditor in his gradual expansion of awareness, should be wary of what particular "management echelon" he is extending his attention to, and ask himself: how does my hat fit in with the goals, purposes and ideal scenes of that particular level? What am I expected to be, do or have "up there"?

When he doesn't do that, he'll be in a condition of treason on that particular management echelon.

So always find out *where* you are, *that* you are and *who* you are as you progressively expand your awareness. Your expansion of ARC (space) must be paralleled with an expansion of KRC (competence). One slight lessening of your ethics presence, and your space will collapse.

A few weeks ago someone asked me what I had gotten out of all the solo auditing I had done. What was my win? This is it: I know where I am, that I am and who I am on the levels of awareness open to me.

# Epilogue

That's the end of this book.

It's as well the end of my hat write-up. I have shown you what I do. There is some more to come in the appendix, but anyway, this is basically it.

You may take it or leave it, use it, misuse it, change it for better or worse, apply it, misapply it. Do whatever you like with it.

It was my way of freeing myself. You may follow it to free yourself, too. You may find your own way. You may find a better one.

Anything goes. But take nothing on trust: only you know your own truth.

Any route that takes a thetan out of this universe is alright. Provided he is prepared to leave the game and does so on his own determinism.

# Appendix

# A.

## A HOMAGE TO RON

### ***An Anecdote***

(Told by Mary Sue Hubbard in "Ability Minor " 3, April 1955.)

"I remember one time in Spain, I had spent the whole morning shopping in the market and the whole afternoon preparing dinner on one oil burner and a charcoal fire. This was a difficult process for one used to supermarkets and a gas range. Ron had gone to the park. Dinner time passed. The food got soupy from reheating and the charcoal supply got nil. My patience wilted and I went to the park. I found him sitting at a sidewalk cafe, a middle-aged Spaniard with him. He motioned to me to sit down and be silent. He was processing. The fellow had been in the Russian army, had fought in the battle of Stalingrad and then had been forced into servitude in Siberia. His legs had been so badly frozen that they would not bend at the joints. This peglegged walk was to carry him through life and to deny him work because of his slowness. After Ron had finished, we invited him home to dinner. He walked naturally again. His realization of what had happened to him did not come until he walked to the door to leave. He suddenly stopped and began shouting, "I walk - I walk!"

### ***A Second Anecdote***

(Told by Peter Moon in his book "Encounter In The Pleiades: An Inside Look At UFOs", Sky Books, New York 1996.)

From Madrid, I was put on a plane to Casablanca in Morocco where I boarded the ship longer than a football field that housed 350-400 people. Hubbard was a relentless worker and didn't meet the various individuals who came aboard. A guide was assigned to me after I boarded, and he gave me a complete tour of the ship. I got several glimpses of Hubbard. One of the first questions I asked my guide was if they ever encountered any UFOs while they

were sailing. He was a former Buckingham Palace guard and was very meticulous about his answers. Having been aboard the ship practically since its inception, he carefully scanned his memory.

"Only once," he said. "One time at sea, someone on the bridge had spotted a couple of flying saucers in the night sky. He turned to the Commodore (referring to Hubbard) and asked if he saw what was in the sky."

He said that Hubbard shot back immediately without any hesitation and said, "Flying them quite badly, aren't they?"

Hubbard was quick like that and his range of perception was wide. One heard countless anecdotes like this when aboard the ship, but no one collected them for posterity.

### ***A Biographical Sketch***

(This article by Peter Moon appeared under the heading of "L.Ron Hubbard", in the appendix to "Montauk Revisited" by Preston B. Nichols and Peter Moon, available from Sky Books, Box 769, Westbury, NY 11590. It is reprinted here with kind permission of the publisher.)

"An incredible amount of nonsense has been written about this man. I will be as brief as possible and stick to the salient points based upon my own personal knowledge and insights.

Hubbard was extremely wide read and had an acute aptitude for the paranormal. His experiences were not those of a "normal" person and he was continually finding that nobody believed him. Various authors and courts have condemned him for being a compulsive liar. I definitely found this not to be true in my own experience, but if he was a compulsive liar to some, it was partly because no one believed him when he told the truth. Why not just tell them something that works? Hubbard believed in workability beyond all else and he was extremely effective in his pursuits. He hated the establishment because it furthered stagnation and was a hallmark of ineffectiveness.

The Navy career of L.Ron Hubbard is checkered with ambiguity. His actual naval records will not be released although there is an agreement that he worked in Naval Intelligence. This being the case, disinformation as to his whereabouts and duties would have been fabricated as a matter of due course.

It is known that Hubbard studied the psychiatric records of Navy personnel and had information on the cutting edge procedures of the day. This included narcosynthesis and regression techniques. He took what he learnt from psychiatric research, plus his earlier studies, and formulated Dianetics. This

was the first major regression therapy applied on a broad basis and was designed to be easy for the layman to use.

Hubbard also studied Aleister Crowley and found him fascinating. Crowley's principles are to be found here and there throughout Hubbard's work, but they are not one and the same thing. Hubbard developed his own techniques and was more of an innovator than a copycat.

Hubbard's popularity grew and he never had to look back as far as money was concerned. The Church of Scientology grew out of this popularity and it was incorporated as a legal religion in 1954. Hubbard had constant difficulties running organizations and found he couldn't openly trust others to "just go do it". He formulated his own administrative system and set it up to be effective. The purpose was to sell books and get his Dianetics and Scientology processes to the public. He honestly believed this would save humanity.

The Government waged decades of war against Hubbard and much of it was unconstitutional. I believe that they were angry at him for breaking security with information he had obtained while with the Navy. His organization was also perceived as a threat to J. Edgar Hoover, Richard Nixon and other establishment forces.

I first saw Hubbard in 1972 and Scientology was a growing and dynamic movement at that point. He had definite health problems, but they were not exaggerated nor did they seem to hamper him. These were not hidden from the crew. He considered himself an experimental guinea pig and what he released as standard Scientology was watered down (as far as being dangerous) and foolproof as far as he was concerned.

Hubbard is often described as a temperamental hot head who always had to get his way. He had extremely high expectations and they were not often met. Very often, he didn't get his way and nothing was done about it for a long time or sometimes not at all. Of course, there were plenty of times when he achieved what he wanted, but he was mostly busy researching. Hubbard did not constantly police anyone. At times he would keep to himself but he never ignored the crew. I only saw him get angry a couple of times and this was after a person had repeatedly acted like a fool.

Hubbard said he had no idea he would become so popular and become such a figurehead. Had he known, he would have led his life quite differently. It was wild and filled with outrageous aspects. In fact, he told a friend of mine in the early 1970's that he would prefer to die. His body was worn out, and he felt he had to keep it alive because he had become an important symbol to so many people that followed the movement.

Government agents reportedly used to take bets on how fast they could put Hubbard in prison. Although they were not successful in this regard, I believe he was under constant psychotronic attack during the time the Montauk Project was in operation. He even ended up on Long Island during most of 1973.

The Church of Scientology grew to be a very large organization by the early 1980's. Despite high officials going to prison for conspiracy against the Government, the movement was highly popular and growing. In 1981, at what was probably the height of the Church's popularity, Hubbard was no longer directly involved. He was hiding so as not to be served with a subpoena. Several people thought the movement had been infiltrated by the CIA pitting one Scientology faction against another. There was tremendous infighting within the organization during this period and the majority of the people I knew left. The organization totally changed its operating basis and hasn't been the same since.

Hubbard passed on in January 1986 at the age of 74. He called his confidante, Pat Broeker, to his room a few days before he departed and told him that he would be leaving his body. Hubbard was concerned that people might grieve and cry over his departure. He said this wasn't necessary and that people would cry only because of their own self-invalidation. In other words, people would be crying over their own belief system that they themselves were not immortal.

I've tried to be as objective as possible about this short biographical sketch of Hubbard. It is important to realize that this man had incredible knowledge. He wanted the entire world to access it. If he were clearly interested in money and power and that was all, he would have led a much more extravagant life style. Most of the time, his quarters were not as plush as the average three bedroom house. His life was also filled with pits and valleys and he would have been the first to agree. The man has simply not been accurately portrayed in any biographical accounts of him.

I believe that the real clues to this man's role on Earth have to do with his involvement with Jack Parsons and his heritage with the Wilson clan. His activities there are still shrouded in mystery."

### ***Hubbard, The Druid***

The somewhat cryptical remark in the last three lines of Peter Moon's article needs explaining: the Wilson clan is a family of highly initiated Scottish witches. Members of this family went abroad and settled in the USA. Ron Hubbard's father Harry Ross Hubbard was a Wilson really and had been

adopted by a family named Hubbard. Which means that Ron grew up in fairly elevated spiritual circles. (I should think he chose a family to suit his purposes as you'll see in a moment.)

I'm taking this from a chapter on the Wilson family in "Montauk Revisited". Preston Nichols, like other authors before, tries to explain the relationship of Hubbard and Crowley by saying that Hubbard learned from Crowley and that the link between the two was Jack Parsons who Hubbard did experiments in magick with. (Jack Parsons was a rocket engineer and a disciple of Crowley. See the chapter on him in "Montauk Revisited".)

This never clicked with me. Firstly, Hubbard didn't spend a lot of time with Jack Parsons. Secondly - and more importantly - all the session data that went into the "Pied Pipers" clearly show that Hubbard as "Elron" was in dead opposition to Yatus. Given that Crowley at his time was the senior representative of Yatus on Earth, it wouldn't make sense that Hubbard should seriously study Crowley's magick - except perhaps to find out what the enemy was up to.

The answer to the riddle fell into my lap when at an auditor's convention in 1996, I met a solo auditor who was also a druid. This puzzled me. How would a druid be a solo auditor on Solo 3 or vice versa?

He told me that druids consider themselves to be the keepers of spirituality in Europe. They keep a low profile since the Catholic Church to this day is up in arms against them. Druids are interested in any new development to find out what it's worth, and perhaps to influence it.

Hubbard's teachings are of particular importance to them. Because Hubbard (he said) was by education a druid. He was entrusted with the task of making druidic knowledge available to mankind in popular language.

How would my druid friend know this? Because his teacher told him. So I rang the teacher on the phone (a very long-distance call). He confirmed the story and said he had been told it by *his* teacher who as a child and a young man knew Hubbard personally, at a time when Hubbard was already in his fifties and sailing the Mediterranean in his Sea Org ships.

I asked him if Ron hadn't told this young man some tall story to impress him, because (don't we know?) Ron loved to create his PR image to suit the demands of his environment.

No, said the druid teacher, the story was again confirmed by his teacher's teacher who studied druidism right at the time when Hubbard studied it - in the 1930's. They didn't study in the same place but knew of each other.

So for better or worse, here is the full story as it was given to me: Ron, born into a clan of magicians and witches, received a druid education from late childhood on. It lasted some 15 years. He was entrusted with the task of rendering Crowley powerless since Crowley was into black magic, and black magic is not what druids favour. Further, and as his masterpiece, he was to rehabilitate druidic knowledge in the eyes of the world.

Ron was excluded from druidic circles when he founded the "Church of Scientology" in 1954 since it's against druidic policy to start a religion.

# B.

## THE PARABOLIC TONESCALE

Students quite often wonder about the significance of the figures at the right hand margin of the tone scale. Why is antagonism at 2.0, anger at 1.5, fear at 1.0, grief at 0.5, and how come there are so many "microtones" such as 1.15, 1.02, or 0.375 in between?

Putting the tone scale on a graph answers the riddle. Put the tones with equidistant spaces in between on one axis, the positive ones above zero, the negative ones below zero. Put the numbers from zero to plus 40 and zero to minus 40 on the other axis. Mark the coordinates of tones and numbers with dots. Connect the dots. What do you get? A hyperbolic curve (see graph on the next page).

This hyperbolic curve shows how theta slides in first on life and then on mest from a theoretical state of positive infinity, assumes the various states of theta, lambda and phi described by the tone scale and know-to-mystery scale, and slides out towards a theoretical state of negative infinity. A development from free "fluidity" to fixated "solidity".

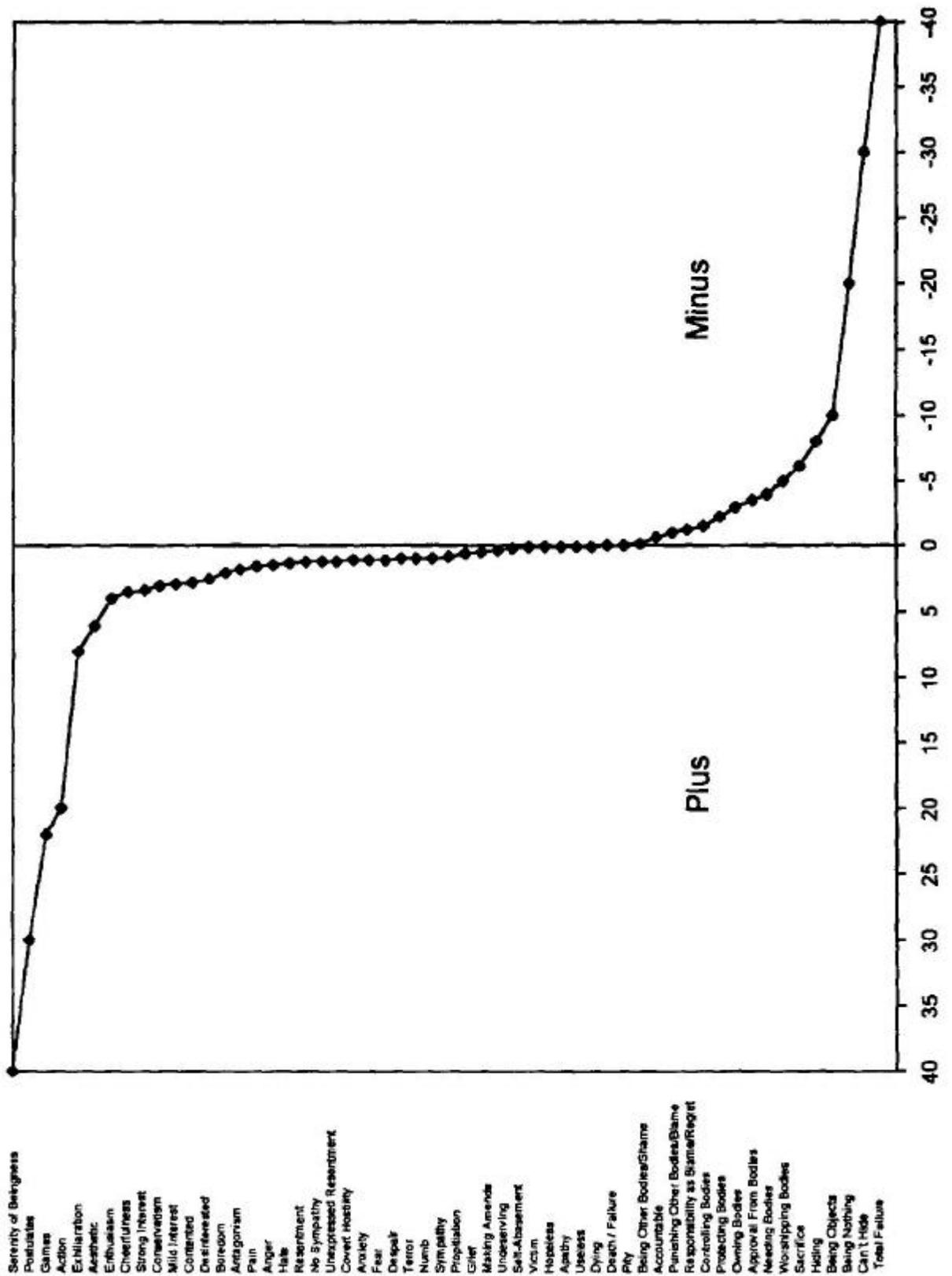
"The mest universe is the right hand of this parabola. And over here on the left-hand side of this parabola, we have what: self." (Tape Lecture of November 16, 1952.)

In his book "Scientology 8-8008", chapter "Affinity, Communication and Reality", Ron explains that the tone scale consist of a series of flows, dispersals and ridges. This becomes obvious when you use theta quanta (attention units) to define a thetan's space, and when you assume that size and shape of his space unavoidably follow his emotional state.

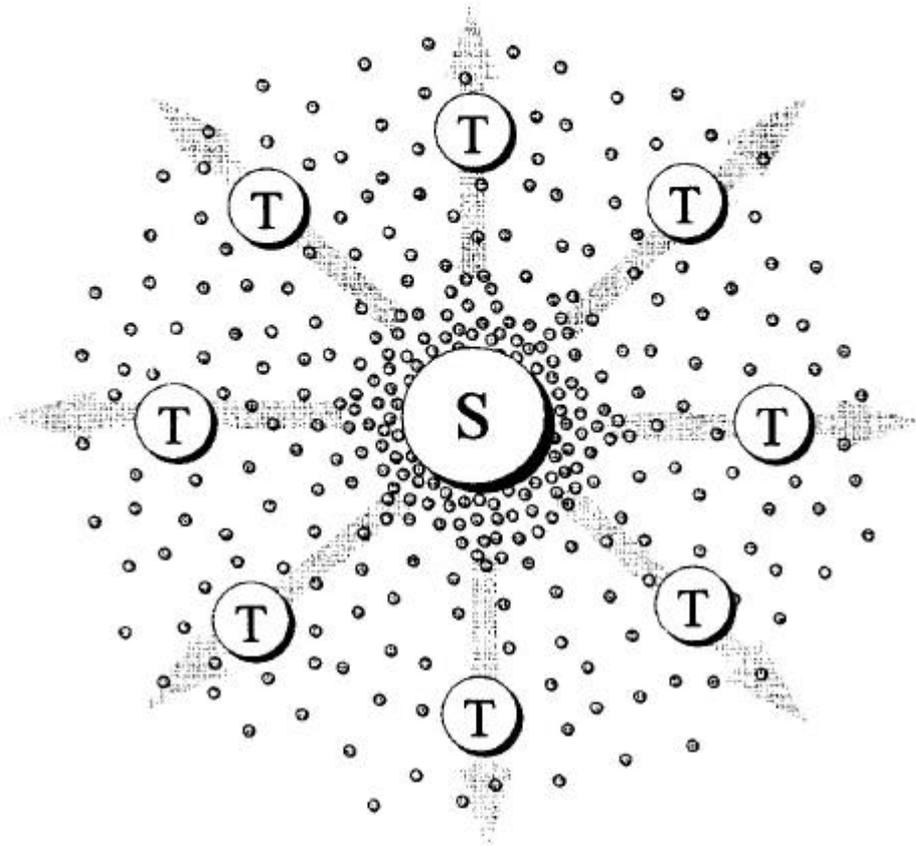
One's emotional state, one's space and one's point on the ARC-scale are entirely tied up with one's attention: is it flowing, dispersing or ridging?

Understanding this is extremely important to the auditor, to anyone coaching TRs, and to anyone trying to keep his sanity intact amidst the insanities of life.

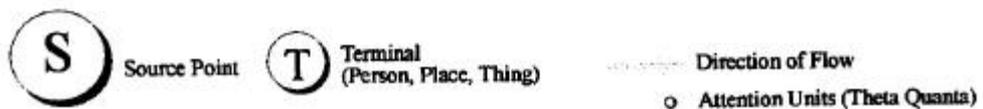
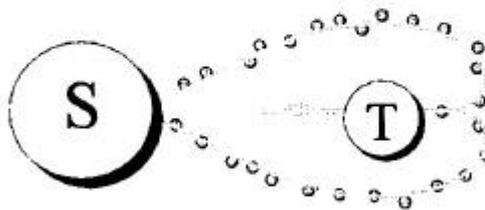
See some examples below. (By the way, this is how the clay demo on the theory checksheet should be done.)



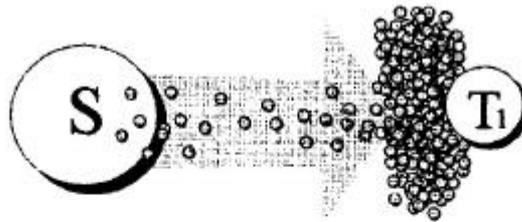
## 4.0 Enthusiasm (Dispersal)



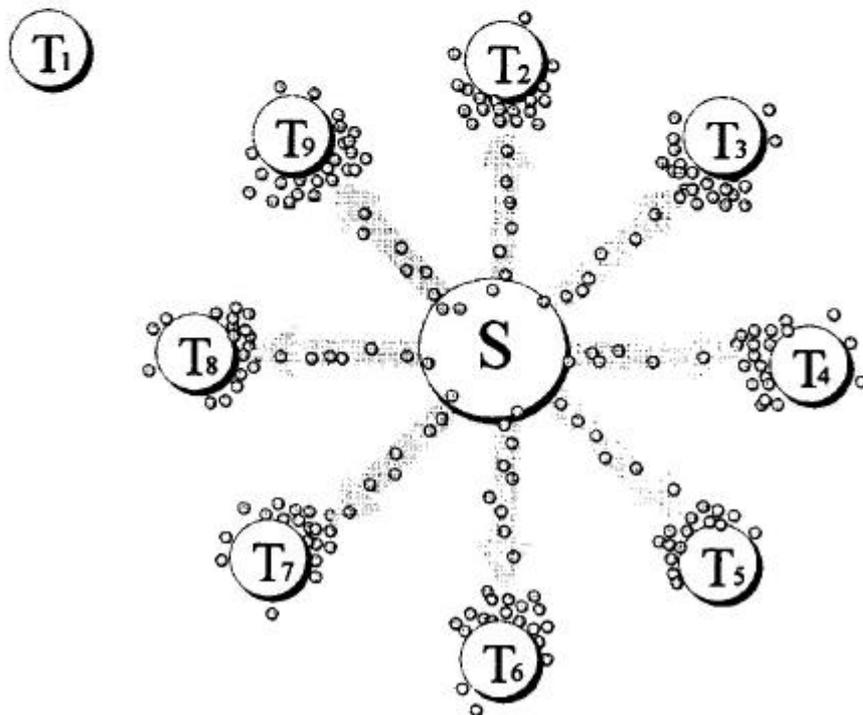
## 3.3 Strong Interest (Flow)



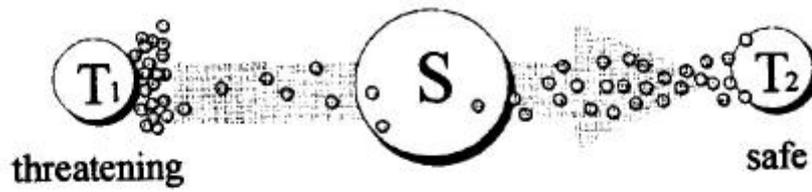
## 2.0 Antagonism/Fury (Ridge)



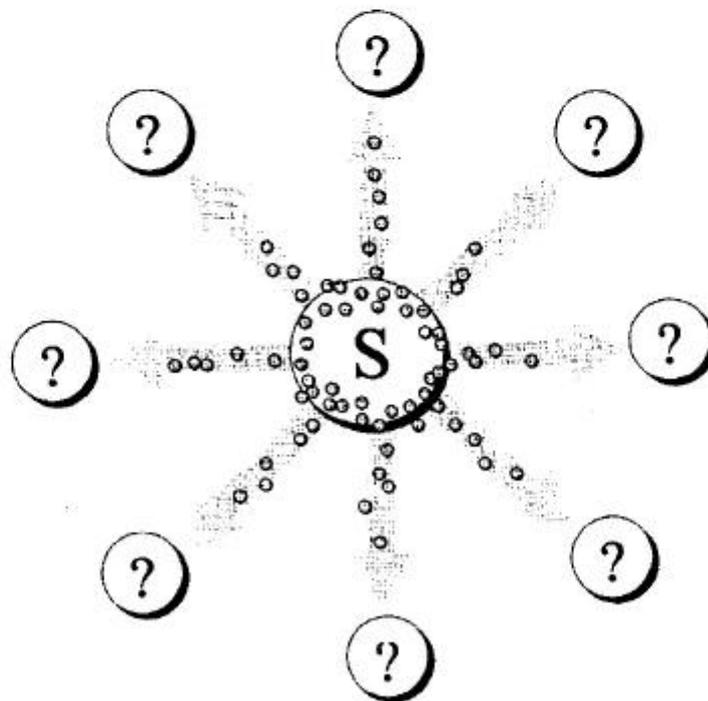
## 1.5 Anger (Dispersal)



## 1.0 Fear (Flow)



## 0.96 Panic (Dispersal)

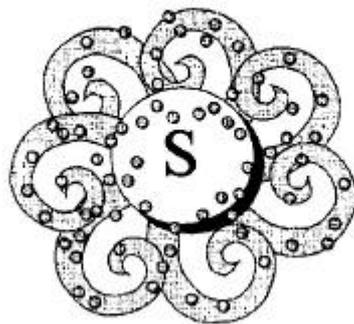


No safety anywhere

## 0.5 Grief (Flow)



## 0.05 Apathy (Ridge)



No inside terminal  
No outside terminal

# C.

## AUDITING ESSENTIALS

The checksheets following later in this appendix cover a lot of ground in terms of theory and practical application. As their end result they amount to mastering the essentials of auditing.

Whether one has arrived at this level of skill by studying my two first volumes with these checksheets or in any other way, doesn't matter. What counts is ability.

Here is a list of what I consider auditing essentials:

### ***Basic Auditor Requirements***

1. The auditor understands the function of all the buttons, mechanics and electronics of the E-meter.
2. He understands the significance of the four TA zones: One, low TA below 2.0 ("What's the auditee identified with?"). Two, normal TA from 2.0 to 3.0. Three, ambiguous TA from 3.0 to 3.5 ("Which way is this developing?"). Four, high TA from 3.5 on up ("What's being dramatized and not confronted right this minute?").
3. He understand the difference between a false and a real high TA.
4. He can read TA and needle off fluently, can differentiate between sizes of reads, recognizes a BD and knows how to note it down on his worksheet, can tell the difference between reads caused by body motion and mental impulses.
5. The auditor can see an instant read. He knows to interpret the auditee's originations in terms of the instant reads accompanying it (see "Meter Read Interpretation Table" two sections further down and LK2/p. 79).
6. He can easily recognize and master the five basic situations covered by "Session Tactics" below (next section).

7. He can steer the auditee into charged areas by means of meter reads and hold him there by means of his TRs alone (not by forcing some tech on him).
8. He can do an Assessment by TA (EMD 23), an Assessment by Instant Read and an Assessment by Elimination (both EMD 24), and a Whole Track Dating Assessment (EMD 25).
9. The auditor recognizes a D.N. (dirty needle), knows what it means (faulty connection on the comm line), and can clean it (by 2WC).
10. He recognizes a Rock Slam, knows what it means (fluctuation of charge between maximum and zero because of some victim bouncing between total resistance and total annihilation), and knows how to handle it (by 2WC on the invalidation or by power processes).
11. He understand the wisdom: "When the TA moves, do nothing, when the TA doesn't move, do something", as a general principle applying to all auditing (ref. EMD 8).
12. The auditor understands that there are gradient approaches in auditing independent of the item he is working on, and that he should be aware of the gradient his auditee is comfortably prepared to operate on. These gradients are: 2WC - repetitive recall - running chains down to a basic - narrative style to erase that basic - repeater tech on the postulates found (LK2/ch. 4).

### ***Session Tactics***

1. Question or origination with no read: means the item is not available. Don't pick it up. Instead: TR-2 on "nothing there" to F/N.
2. Question or origination with a read: means the item *is* available. Pick it up.
3. Question or origination has read well, session has been going on for a while, TA has moved up into a higher range (no matter how high) but there is still TAA: means session dynamics have increased, auditee is merrily battling away. Keep going, don't change anything, drain all charge off reading originations by getting relevant data, use plenty of TR-2 and TR-4. The TA will eventually come down again.
4. Question or origination had a read, the session proceeds in a normal fashion, but then the needle goes tight, the TA goes up, and there is no

further TAA: means the auditee is resisting, so it's protest or non-confront on the actual item or incident, or something else is cooking simultaneously. Ascertain by 2WC whether it's a non-confront on some aspect of the item in question, a protest, or charge coming in from something entirely different, or a combination of the three, and handle accordingly (LK2/p. 151).

5. Questions or originations don't read at session start, TA is high, the needle tight: means that independently of what the auditee says, one or more things (simultaneously) aren't being confronted. More than one button is in restimulation. Find out what it is by 2WC, follow up all Ticks by steering the auditee, get the needle moving, define the non-confronted item or the various competing items, handle to F/N on the disturbance (ideally). At least handle till the needle moves and the TA is in range again and normal operation can be resumed. Then go back to where you were before the trouble started and end cycle on the original item. Basically this is a drawn-out TR-4. (See as well the All-Purpose Trouble-Shooter Checklist.)

### ***Meter Read Interpretation Table***

Supposing the auditor was asking his auditee a question like: "Did you ever steal something?", he may observe a whole set of different phenomena on the meter and the auditee, each needing its own interpretation and handling. They are listed here. "sF" stands for a small Fall on the meter. "X" stands for no read. "Origination" stands for statements referring to the auditee's emotions or sensations. For the purpose of this example they are not meant to be a dramatization of the item being worked on (like for example: "I had a bad dream last night") which would raise the question: does one have to take them up or not? (Originations that stand in an obvious relationship to the session situation are of course considered part of the process. They are a dramatisation and *must* be taken up.)

The examples given refer to situations when the reads on question as well as answer are of equal size so that one has to analyze the matter. Otherwise the usual rule applies: "biggest read counts".

(The table you find on the next page.)

<b>Question</b>	<b>Answer</b>	<b>Interpretation</b>	<b>Handling</b>
sF	Yes, sF	Meter says "yes" to both question and answer: "It is so."	Take it up
sF	Yes, x	Meter says "yes" to the question but "no" to the auditee's answer: "Uncertain".	Take it up cautiously, make sure you get reading answers.
x	Yes, sF	"No" on the question, "yes" on the answer: "It is so."	Take it up
sF	No, sF	Contradictory. "Yes" on the question and "yes" on the denial. The first read may point to a hot item, the second may indicate a protest against the question or a misunderstanding.	Do a cautious 2WC to establish what's what. Clean up possible misunderstandings. Then take up the question or the protest, depending.
sF	No, x	The meter says "yes" on the question but "no" on the denial. The question is hot but the auditee hasn't contacted an example yet.	Take it up cautiously. Make sure you get reading answers.
x	No, sF	"No" on the question and "no" on the denial: "It isn't so."	Acknowledge to F/N. If needed, take up the protest and run it to F/N.
x	Silent, x	Uncertain.	Assess the three buttons. Ack if there is nothing, to F/N. Ack if there is something, run to F/N.

x	Yes, x	Uncertain.	2WC. Assess three buttons. Still no charge: TR-2 to F/N. If charged: run question to F/N.
x	No, x	Uncertain.	Handle as above.
sF	Orig., x	"Yes" on the question, "no" on the origination.	TR-4 and take the question up.
sF	Orig., sF	"Yes" on the question, "yes" on the origination.	2WC. Handle according to biggest reads. You may have to handle the origination by auditing or even for real before going back to the item.
x	Orig., sF	"No" on the question, "yes" on the origination.	TR-2: "No charge on the item", take up the origination, run to F/N.

# D.

## NOTES ON SUPERVISING

All that needs saying about the art of supervising is clearly and broadly stated in the "Supervisor's Code" and "Supervisor's Stable Data" in "Scientology 0-8".

The supervisor must know the stuff he is checking the student out on through having had years-long experience concerning it. To be creditable, a theory course supervisor must have a few thousand hours of practical auditing behind him. Otherwise it's the blind leading the blind.

A checkout must consult the student's understanding. That means it must take the student where he stands and aid him to combine data in new ways, to make him gain a heightened understanding of the matter at hand.

Good supervising must lead to cognitions. The only way of learning is by cognitions, because cognitions are self-created knowledge.

Rote learning and imitation learning is learning by accepting other-determined knowledge. If you want to make robots, do it that way.

A good check-out may take hours. It can have the form of an enlightened dialogue between a master and a disciple. The master has data authority (if he didn't, he wouldn't be a master), the student has an eagerness to fully comprehend the data he has learned (if he didn't, he wouldn't truly be a disciple).

Example: The examination checkout I do with students at the end of the theory course checksheet usually takes a good six hours non-stop. Or longer.

To fully comprehend something means one arrives at having a conceptual understanding of it. One doesn't "think with it" any longer, one *knows* it.

"You see, our success in clearing this planet depends upon the success of our courses as this is where we train our auditors, C/Ses, supervisors and administrators, and that is the whole team!" (HCOB 30 October 1978)

"When study tech isn't in full use (...), overt products are produced. Orgs are actually in the hands of and at the mercy of course supervisors (...)." (HCO PL 30 October 1980)

## ***On Clay Demos***

Clay demos are the most valuable tool the supervisor has to check up on the student's understanding. They must never be pooh-poohed as children's stuff, they must never be taken off checksheet because people had bad experiences with them earlier on. They beat computer-supported interactive learning by miles.

A clay demo is a challenge to the student in that it demands of him that he create examples paralleling on a mest level the high-flying theta concepts he carries about in his personal universe. This teaches him two things: one, how hard it is to create; two, what his universe really looks like.

This is painful. Why? Because the act of creating restimulates implants. It asks the student to do something which he and all of his entities were implanted not to do, and that is: to create one's own universe. This has become increasingly unpopular since Incident I!

It is also painful in that the student will see his misunderstood words, twisted concepts and foggy ideas become embarrassingly apparent on the clay table. He simply can't help putting his universe there!

A clay demo will never be any better than the mind creating it. It's the job of the supervisor not to be fooled by a rote clay demo, but to ask: "Why?"

"Why should that part of the demo lead over to the next part? Look at life, look at how people feel and act, look at how the mind works - and then show me the *real* thing in clay, not some symbolic abbreviation." Cracks glibness like you wouldn't believe.

The clay shows the thing. It shows a story, not a row of symbolic representations. Any five-year old should be able to read the story content of a clay demo (although the significance hidden in that story may be beyond him).

Do not use "clay icons" for your representation of concepts, just because those clay icons have become a course room tradition. Don't represent a thetan by a clay ring. That's not what you feel like to yourself. A thetan is a 7th dynamic energy manifestation. He has attention, intention and emotion. Show him as such. Show him as a little clay ghost with arms and legs and a face. A static may be shown as a clay ring, yes. But that's a different matter. That's the thetan's aspect *beyond* the eight dynamics. And do differentiate between thoughts (postulates) and mental image pictures. Thoughts are 8th dynamic, they are beyond mental mest. So you can't rightfully show them as clay pictures. Show them as spoken words written with clay letters and label them "postulate". In contrast to that, mental image pictures and mock-ups *are* mental mest (7th dynamic) and *must* be shown as clay pictures.

It's a creative act all along. Create what goes on between people and other people, between people and their minds, between people and their bodies. Create it on the clay table to the best of your present understanding. Don't use time-worn clay icons which don't mean a thing but were some past supervisor's subterfuge for passing your clay demo without revealing his own m/u's (misunderstood words).

Why does one have to stick labels on one's clay models? Because a universe consists of created masses and of created significances attached to those masses. A clay demo must parallel that. If it doesn't, the supervisor can't read it.

A well-put clay demo problem will be fun to work out. It will lead to major cognitions. The student will be so immersed that he forgets the tedium and degradation of earlier times at the clay table in earlier but hopefully not similar institutes.

Example: The examination clay demo at the end of the theory checksheet takes two full days. And never a dull moment.

And when you as the supervisor see that your student doesn't work cheerfully and fluently but hangs about staring at the empty clay table with a frown on his forehead, why, sit down and work *with* him. No need to let him simmer away and turn into pulp. Do it as a co-action! Have fun with each other! Be lively about it!

The knowledge we are able to transmit is too valuable to be wasted.

### ***On TRs***

The auditor creates his auditee and his session by his TRs.

TR's 6-9 mean: control, guidance, firmness. TRs 0-4 mean: smooth verbal interaction based on understanding. It's the old combination of KRC and ARC. One doesn't go well without the other.

A session will be as good or bad as the auditor comprehends and masters his TRs.

To arrive at that sort of understanding TRs must be done often and repeatedly. As usual, the rule of gradient approaches applies: run them lightly on an ever-increasing gradient. And don't do them rotely! Evolve them out of the underlying concept as stated in Factors 1 through 11.

But don't mistake an EP on the drill to stand for an EP in life! A vast difference! People doing them perfectly as a drill don't always manage to transfer them to life.

The real schooling ground for one's TRs is life.

The mark of good TRs is: they are not noticed. They are natural. They get things done without anyone realizing how come.

On TR-4, use loads of tone scale drills. If the coach cannot mock up emotions convincingly, the student won't learn anything on TR-4.

And to settle an old argument: the way I teach TRs is by going over them repeatedly, each time to a win on each TR on the student's gradient. Six days of TRs done sensibly in this fashion result in greater cognitions and abilities than six weeks of TRs "the hard way" as taught in certain places.

And do watch, discuss and be interested in how the student is learning to apply them in life, so you can develop coaching situations that are appropriate.

# E.

## THEORY COURSE FOR AUDITORS (CHECKSHEET)

**Name of Student:**

**Commencement of Course:**

**Purpose:** To obtain full understanding of the fundamental philosophy of Ron Hubbard's philosophy, and to gain the ability to recognise and apply the data in daily life and in session.

**Prerequisites:** The "Mini Study Course" (consisting of a thorough checkout on the relevant pages of "More than a Cult" or the VMH).

**Length of Course:** 3 to 5 days depending on the degree of preparation (see "Note" below).

**Course Materials:** The course is based on the book "Scientology - More than a Cult?" (LK1). Chapters 1 and 2 of the "Pied Pipers" (LK3) should have been read as well as they elaborate on various theory points mentioned in LK1.

The following books by Ron Hubbard should be available to look up source materials as referred to in LK1: the Technical Dictionary, Scn 0-8, Dianetics, History of Man, Science of Survival.

(Note the typographical error under (1) in the bibliography of LK1: "Scn 0-8008" should read "Scn 0-8").

**Note:** This checksheet is divided into three parts: a study/checkout section, a supervisor examination, and a clay demo section at the end. The study section may be done at home with partner-checkouts. The checksheet may also be used as a study guide for studying solo (if one feels confident). Eventually the clay demos will demonstrate the effectiveness of one's study. They must be checked out by the course supervisor. If one has studied at home and before one does the clay demos, one receives a broad general checkout on the definitions of all terms printed in bold letters in L.Kin 1. This is not a repetition of all the

checksheet questions already studied but aims to broaden the student's ability to "juggle the terms about" and connect each term with each other flexibly. The course supervisor may (in line with study tech) insist on further reading and extra demos if he considers it necessary. Where "essay" is stated, a formal essay is not required; merely bullet points which can be used as reference in conversation.

### **A. Overview**

1. Read the book "Scn - More than a Cult?" to get a broad idea of the subject.
2. As "Cult" refers to the author's opinions and conclusions, it is recommended that one look up source references as one encounters them in the text of LK1 so as to develop one's own ideas with the aid of the original Hubbard texts. They are listed below. The numbers refer to the bibliography of LK1. This can be done at the student's discretion. It is not compulsory, unless one wanted to solo audit after completion of the practical course or become a professional auditor.

p. 11, paragraph three: see "Code of a Scientologist" in [1].

p. 14, paragraph one: "Dianetics", part 1, chapter 5, or in [1].

p. 19, paragraph two: see "a description of Scientology" in [1].

p. 23, paragraph two: Foreword in [5].

p. 24, paragraph one: Foreword in [5].

p. 30, paragraph one: Chapter 6 in [5].

p. 32, paragraph three: Chapter 5 in [5].

p. 33-4 paragraph four/one: Chapter 1 and 3 in [6].

p. 51, paragraph three: "Professional Auditor's Bulletin 2" - see Tech Volumes.

p. 51, paragraph three, second quotation: "Creation of Human Ability", chapter 9, under "This is Scientology".

p. 65, paragraph two: "Dianetics" part 3, chapter 1.

p. 65, paragraph three: "Dianetics" part 3, chapter 10.

p. 71, paragraph three: "Fundamentals of Thought", appendix: "The Aims of Scientology".

p. 89-90: Pan-determinism to forget: "The Volunteer Minister's Handbook", chapter K, see Robotism.

### **B. Study**

Applying study tech, now study the whole book thoroughly. The checkout questions suggested here follow the gradient approach of the text. Therefore a

supervisor should not demand more than what is covered in the relevant section of the book. Use of demo-kits is required whether directly specified or not.

This section may also be used as a study guide for people studying solo.

## **I. Part One**

1. Explain "The dynamic principle of existence: Survive!" (p.14).
2. Checkout on all bold printed words (p.13-16).
3. Show why one's case is caused by oneself (p.16).
4. Define the words "Dianetics" and "Scientology" (p.13 & 22).
5. Checkout on all technical terms (p.23-33).
6. Demo the quote on p. 32, paragraph 3 ("beings.....") (see also summary on p.35).

## **II. Part Two**

*Ref: "A Frustration Scale"*

1. What is a gradient scale?
2. Demo: Show how charge builds up along the Scale of Frustration.

*Ref: "Reach and Withdraw"*

3. Demo: Show how the Frustration Scale consists of Reach and Withdraw.
4. Essay: Give five examples of action, and discover whether they really can be reduced to reach/withdraw.
5. Checkout on technical terms.
6. Demo: Show how a ridge is created and how it is restimulated.

*Ref: "Game Theory", and "The Emotional Tone Scale"*

7. Essay: Give three examples which demonstrate the decline from pan-determinism to oblivion.
8. Study the Emotional Tone Scale and both versions of the Effect Scale in the book "0-8".
9. Essay: Name a game and analyse it with regard to the three components of a game. Explain what would need to occur for the games condition to become a no-games condition.

10. Demo: Show how the relationship between enturbulated and free theta determines one's position on the Emotional Tone Scale. What effect does this have on the flexibility of one's attention?

*Ref: "The ARC Triangle" up to "Communication"*

11. What are axioms, and what is their significance in a science? (p.94-96).
12. What do "static" and "dynamic" mean in the spiritual sense? (see also p.188).
13. Essay:
  - a. Using two examples, show how understanding can be increased or decreased using the component parts of ARC.
  - b. Describe the relationship between theta and ARC.
14. Essay: Place two people you know on the emotional tone scale (both chronic and social levels). Evaluate by observation, giving examples of their use of ARC in relation to the Effect Scale to substantiate your analysis. (identities need not be revealed).
15. Demo: Show the relationship between affinity and mental space.
16. Demo: Show why reality is the result of agreements.
17. Demo: The Axiom of Communication.

*Ref: "Confronting"*

18. Demonstrate how poor confront leads to mis-duplication.

*Ref: "Postulates and Considerations"*

19. Checkout on all technical terms.

*Ref: "The Cycle of Action"*

20. Demo a cycle of action being complete because it was completely executed in real life.
21. Demo a cycle of action which remains incomplete because the individual has not acknowledged its completion to himself. Show how he feels about it.
22. Demo a cycle of action which is complete because the individual declares it complete (even though some uninvolved person would consider it incomplete).
23. Demo how incomplete cycles of action can lead to hectic activity and the feeling of having no time.

*Ref: "Goals Problems Masses"*

24. Demo the sequence from as-isness to not-isness using an example of your choice.

*Ref: "Mental Matter Energy...."*

(Note: Do look up the actual Factors in "0-8" as you find them mentioned in the text, to get used to their rather abstract phrasing).

25. Define physical MEST. How are tables, chairs, air, water etc. MEST?
26. Give examples of ridges occurring in nature.
27. Explain what vibrations are and give examples.
28. Define "resonance", "harmony", "consonance", "dissonance". Give examples for both the physical and the mental manifestation of this (refer to Chapter 1 of the "Pied Pipers").
29. Essay: give five examples of be-do-have.
30. Demo: Choose one of the dynamics 1-4, and name the terminals who are essential to you on this dynamic, and who therefore represent the anchorpoints of your space. These may be in the past, in present time, or in the future. Describe how you push your dimension points towards these anchor-points; how you withdraw from them, and thus how your space changes through this action.
31. Demo theta quanta as prerequisites for the perception between two beings and for their communication (common space). (See Factors 1-4 and 11).

*Ref: "Mental Universes"*

32. Demo how all the three universes play a role in any communication.

*Ref: "Restimulation"*

33. Using theta quanta, demonstrate how a mental image picture is created, how it is recorded, restimulated and subsequently erased (see also p.88); both above 2.0 on the tone scale and below 2.0 on the tone scale.
34. Demo: Havingness is the ability to have everything as well as nothing.

*Ref: "Engrams" up to "Secondaries"*

35. Define all technical terms.
36. What does unconsciousness mean with respect to a body and with respect to a thetan?

37. Demo: How an engram and a GPM could be recorded at the same time in an accident.
38. Add to this demo: How, following the incident, a secondary and a lock could be created on two parallel time tracks - that of the GE and of the thetan.

*Ref: "Valences"*

39. Define all technical terms.
40. Give an example of a valence situation and demonstrate the relationships involved.

*Ref: "Analytical Mind..."*

41. Demonstrate the difference between the static, the thetan, the analytical and the reactive mind, and show their relationship with each other.

*Ref: "Key-in..." up to "The Composite Case"*

42. Define all technical terms.
43. Demonstrate the composition of a chain of engrams, secondaries and locks.
44. Demo: a key-out, and a release.
45. Demo: an erasure.
46. Demo: a cognition.

*Ref: "The Dynamics"*

47. Essay: Give three examples for each of the 8 dynamics; what one can be, do and have on them.

*Ref: "A Theory of the Bridge..."*

48. Demo: According to Factor 28, show what is the basic principle of a bridge.

*Ref: "Contemporary Definitions" and "Future Projects"*

49. What is the meaning of Clear, OT and Case Completion (p. 170-1).

*Ref: "The Rudiments"*

50. Define all technical terms; demo to show that the sequence of the rudiments is not accidental but logical.
51. Essay: "Using as-isness as a guiding principle in life".

*Ref: "Motivators..."*

52. Demo the overt-motivator sequence.
53. Demo a Service Facsimile.
54. Demo how the violation of one's own integrity leads to further overts on other dynamics.

*Ref: "Ethics" and "Competence"*

55. Essay: "The difference between ethics and morals." Show that under certain circumstances a moral action can be unethical, and reversely that a decision which may appear immoral can nevertheless hold an optimum solution.
56. Define all technical terms.
57. Demo, with reference to the KRC Triangle, the difference between potential and actual worth.
58. Essay: Give an example of the functioning interdependence of ARC and KRC. Give also examples of an imbalance, with a lack of either ARC or KRC.
59. Why is the KRC triangle the upper one?
60. How to recognise a suppressive person.

*Ref: "More Than..." and "Beyond..."*

61. Essay: Name several games situations and show why fair games are based on the Two Rights Of A Thetan. Show why this is not so in unfair games, especially in the case of implants.

### **C. Verbal Examination**

Should this checksheet have been studied at home, the supervisor examination mentioned on page 1 would be done at this point. It is done from the viewpoint that the student has studied it all and in principle knows it all. Therefore it isn't a page-by-page checkout but an "educated dialogue" lasting some hours. It ascertains that the clay demos following next won't pose a problem to the student in terms of his general understanding. (It helps to use the "Glossary" in the appendix to LK3!)

### **D. Clay Demos**

1. According to Factors 1-7, clay demo how a static "turns into" a thetan. (See also Axioms 1-4, 25, 44-46). To differentiate between thetan and static, see

LK1/p.136 and relevant passages in LK3. (Use clay balls to represent theta quanta/dimension points; to represent the direction of intention and attention use arrows.)

Note: From here on please do all clay demos using theta quanta/dimension points whenever appropriate. Feel free to move them around demo-kit fashion so as to demonstrate various aspects of the question at hand. Particularly in clay demo 1, 2 and 3 will this be necessary in order to avoid making too many clay "frames" for one's clay "comic strip".

2. Demonstrate how the emotional tone scale results from the actions of reaching and withdrawing. Show how the space of the thetan changes. Do a clay demo on this, showing how the emotion levels from 4.0 to 0.5 evolve from each other. Note that these levels can be demonstrated as flows, dispersals and ridges (see the first few pages of the chapter "Affinity, Communication and Reality" in "Scn 8 -8008".)
3. Demonstrate the communication cycle as in Factor 11, Axiom 28, and the communication formula: a) Show how a thetan perceives another thetan; i.e. includes him in his space (also use dimension points in this example). b) Show how he intends to send a communication to the other and that it should be duplicated and understood. c) Show how he actually carries out the communication. (Make him do this with strong intention). d) Show how it is duplicated by the recipient. e) Show how it is understood by the recipient. f) Using the clay demo, show to which of the three universes the various parts of the demo belong. Also show which parts represent an "actuality" and which ones represent a "reality".

Note: The clay demos following now form one huge clay demo resulting in a full demonstration of the composite case. A large space is required for the demo. Show thetan, GE and body separately as required.

4. Clay demo: The Scale of Frustration, starting with the highest point "know", and show how reach turns into withdraw as one moves down the scale.
5. Change the above clay demo so it reflects the sequence from as-isness to not-isness.
6. In your clay demo, make it clear how a GPM is formed out of postulate and counter-postulate.

7. Show how a thetan uses his energy quanta when trying to withdraw from the incident or when trying to resist it, thereby creating a reactive mental image picture. (Show the difference between the real incident and the mental picture).
8. Show the thetan with a destimulated (dormant) GPM.
9. Clay demo the exact procedure of restimulation of the GPM: a. As a secondary. b. As a lock.
10. Add a physical trauma, illness or accident to the existing sequence of events, and show how the GE records the engram.
11. How this engram is later restimulated and dramatised as a secondary.
12. If not shown yet: point out the possible criss-cross restimulation between the engram and the GPM, showing how they add force to each other. (If adding this to your clay demo is too complicated, you may show it to the supervisor by simply pointing it out.)
13. Add to the existing clay demo how the auditee adopts the valence of a person from his past.
14. Add an entity which was created as the result of an implant: How it is created, how it joins with the thetan, how he then goes into its valence and dramatises the implant (see p. 183-185 and 27-30, also LK3/ch.1).
15. Using one of the parts of the composite case on your clay table, show how a second as-isness occurs (that of erasure) and show that this is caused by gradual duplication as in an auditing session (see Ax. 12 ff.).
17. Clay demo "havingness" in both definitions of the word.
18. Explain in view of your complete clay demo the abilities of a "Clear on the first dynamic" and what aspects of the case are audited on the lower, middle, and upper bridge.

***E. Attest***

I have studied and fully understood the above materials, and I am happy to apply the data in everyday life.

Date:

Signature:

Statement (in writing): "How the knowledge I gained from this course relates to me and my life."

# F.

## **PRACTICAL COURSE FOR AUDITORS (CHECKSHEET)**

**Name of Student:**

**Commencement of Course:**

**Purpose:** To learn how to audit. As this can be achieved at different levels, the checksheet is divided into several sections developing from each other. They can be combined according to one's purpose, e.g:

1. Assists and Self Analysis procedures: parts I, II, III.
2. Objective Processing: parts I, II, IV.
3. Postulate Auditing: parts I, II, V.
4. Solo Auditing: parts I, II, V, VI, VII.
5. Professional Auditing: parts I, II, III, IV, V, VI, VIII.
6. C/Sing: parts I, II, III, IV, V, VIII, IX.

**Prerequisites:** The Theory Course based on L Kin's volume 1, "More than a Cult?" (This does not apply for the study of assists, section 1 above. Here, a checkout of "Auditing" and "Man, Soul or Thetan?" in volume 1, part 1, would be sufficient).

**Course Material:** Volume 2 by L.Kin, "Scientology - a Handbook for Use". Volume 4, "From the Bottom to the Top", wasn't used for this checksheet but should be referred to as needed.

In L.Kin 2 frequent references to original Hubbard bulletins are made. Though it isn't always clear whether these HCOB's were written by Hubbard himself or by others, they do provide deeper insight into the subject and allow critical comparison, which one should definitely go for. Should these bulletins not be available, one may bypass these checksheet points and merely refer to the "Handbook". Essential books which must be at hand are the Technical Dictionary and the "Book of E-Meter Drills".

## ***Section I: TRs***

1. Study the "Introduction".
2. Checkout: What does "auditor presence" mean?
3. Study "The Training Routines (TR's) - Basic Elements of Communication."
4. Do TR's until you have a major stable win.

**Attest:** I have studied and understood the above materials. I have completed the practical exercises and am happy to apply them.

Date:

Signature:

## ***Section II: Basic Auditing Principles***

1. Study: "Auditor And Pc - An Introduction".
2. Checkout on all technical terms. (Also refer to "The Key Terms of Auditing" from Volume 1).
3. Demo: "The Auditor's Code", points 1-22.
4. Demo: The Communication Cycle in auditing.
5. Demo: How perfect duplication results in As-issness.
6. Demo: The three rules of auditing (auditor + auditee > bank, etc.)
7. Demo: The Auditor's Code, point 25 (that auditing should be mainly done for spiritual gain not healing purposes).

**Attest:** I have studied and understood the above materials. I have completed the practical exercises and am happy to apply them.

Date:

Signature:

## ***Section III: Simple Procedures***

1. Study: "A) Simple Techniques".
2. Drill the assists with various coaches until confident. Do your admin afterwards.
3. Drill Self Analysis with various coaches, until confident. Do your session admin afterwards.

4. Checkout: How could you help someone by using the techniques of Self Analysis even when not in a formal session, and without the list of questions at hand?

**Attest:** I have studied and understood the above materials. I have completed the practical exercises and am happy to apply them.

Date:

Signature:

## ***Section IV: Objective Processes***

1. Study "B) Objective Processes".
2. Checkout and demos on the text.
3. Clay demo:
  - a. How circuits become restimulated and mass builds up in CCH 1.
  - b. How the EP occurs and how it manifests itself.
4. Drill CCH 1-4 with various coaches, until confident (from instructing the auditee to auditing the procedure with an EP). Do your session admin afterwards.
5. Drill Opening Procedure by Duplication with various coaches, until confident. Do your admin afterwards.
6. Study the relevant HCOB's to get to know further Objective Processes (not obligatory).

**Attest:** I have studied and understood the above materials. I have completed the practical exercises and am happy to apply them.

Date:

Signature:

## ***Section V: Postulate Auditing***

1. Study "Postulate Auditing".
2. General checkout and demos.
3. Demo: What happens in the auditee's mind during:
  - a. 2WC
  - b. Repetitive recall.

- c. Lock-scanning.
  - d. Narrative style auditing.
  - e. Repeater technique.
4. Clay demo: "The difference between an absolute and a relative basic".
  5. Add to the demo: "How incidents are connected with each other by concepts (postulates), and how repetition of a single postulate can lead to the restimulation of several incidents".
  6. Drill: each step of Postulate Auditing:
    - a. without admin or E-Meter.
    - b. with admin (also mock up a postulate list for this auditee).
    - c. With E-Meter and admin (for those using an E-Meter).

**Attest:** I have studied and understood the above materials. I have completed the practical exercises and am happy to apply them.

Date:

Signature:

## ***Section VI: Solo Auditing***

1. Study "*The Many Roles of the Auditor*"
2. Checkout. (Main emphasis on the sections "Auditor" and "C/S".)
3. Study: "*The Language of the E-Meter*" up to the section "*Dirty Needle*"
4. E-Meter Drills 5-26. (Always work with the correct sensitivity setting for the coach, regardless of instructions as per the drill. If not, the drill will not compare to real session situations. As well keep in mind that these are drills and not real auditing; therefore the coach should produce reads by squeezing the cans.)
5. Study: "*Three buttons...*" up to the end of Chapter 2
6. Demo:
  - a. How a read comes about.
  - b. Show when the three buttons should be used, and what happens in the auditee's mind for a read to occur.
  - c. What happens in a auditee's mind when a false read occurs. How to handle this.

- d. Why the auditee's answer must read, and what the danger is of taking up an uncharged answer.
- 7. Drill:
  - a. How to use the three buttons.
  - b. How to handle a false read.
  - c. How to get the auditee to look for something else when his answer did not read.
  - d. How to acknowledge charge, and how to acknowledge when there is no charge.
- 8.
  - a. Define "flat" and "cognition".
  - b. What is the difference?
  - c. Why does a FN almost always occur after a cognition, but very rarely after a flat point?
- 9. Clay demo: What is an EP?
- 10. *Study "3) Preparing the session"*
- 11. Drills:
  - a. The pre-session checklist.
  - b. Putting together a folder.
- 12. *Study "4) Introduction"*
- 13. Checkout and demos.
- 14. Short drill of each auditing method to clarify the differences between them. Always use the same item, such as "fish" or "birds" or "apples".
- 15. *Study "4.1) The Prepcheck"*.
- 16.
  - a. Checkout.
  - b. Demo: How does this method affect the bank? How does the EP occur? What has changed between the thetan and the bank when the EP occurs?
  - c. Demo: Why would it be correct for the auditor to assume that the auditing question is charged when it reads on the meter, when the auditee is only inventing an answer to illustrate the auditing question? (NB. This applies not only to prepchecks, but to all auditing commands).
  - d. Drill: The Prepcheck without meter and admin. The coach indicates reads by means of a pen or his finger. (Accurate session form is kept in this as well as all further drills).
  - e. With the E-meter. (Reads are produced by the coach squeezing the cans).

- f. With the E-meter and admin. (First write down the command, then underline it, then ask it whilst noting down needle and TA - this way you are all set to receive the auditee's answer when it comes!)
17. Study: "4.2) The Repair List".
18. a. Checkout.  
 b. How does this method affect the bank? How does the EP occur? What has changed between the thetan and the bank when the EP occurs?  
 c. Drill the Repair List (L1C) without meter and admin.  
 d. Drill the L1C with meter (reads produced by squeezing the cans).  
 e. Drill the L1C with E-meter and admin.
19. Study "4.3) The Rudiments".
20. a. Checkout.  
 b. Demo: Each of the six rudiments and their EP's.  
 c. Clay demo: "All ARCX's stem from missed withholds".  
 d. Clay demo "The Cycle of an Overt" (from the Tech Dictionary, & Volume 1 page 16).  
 e. Drill the six rudiments without E-Meter and admin (normal ruds and LD ruds).  
 f. Drill the six rudiments with E-Meter (with reads produced by squeezing the cans).  
 g. Drill the six rudiments with E-Meter and admin.
21. Study "4.4) Rehabilitation Procedure" up to "Rehab by Key-out, command sequence".
22. a. Checkout.  
 b. Demo: How does this method affect the bank? How does the EP occur? What has changed between the thetan and the bank when the EP occurs?  
 c. Drill Rehab by key-out without E-Meter and admin.  
 d. Drill Rehab by key-out with E-Meter.  
 e. Drill Rehab by key-out with E-Meter and admin.
23. Study "Rehab by Counting"
24. a. Checkout and demo.  
 b. Drill Rehab by counting on the gradients suggested above.
25. Study "4.5) Dating and Locating".

- 26. a. Checkout and demo.
- b. Drill Dating and Locating.
  
- 27. Study "4.6) Listing and Nulling".
- 28. a. Checkout and demo.
- b. Drill Listing & Nulling in such a way that you get the item already on listing without doing any nulling. Nulling is not optimum as it means the auditor's TR-0 and TR-2 are out.
  
- 26. Study "The High and the Low TA"
- 27. Checkout on materials and demo.
- 28. Clay demo: What causes a TA to rise? (Parts of the incident not being confronted; protest; overrun; E/S in restim; or several incidents in restim.)

**Attest:** I have studied and understood the above materials. I have completed the practical exercises and am happy to apply them.

Date:

Signature:

## ***Section VII: The Solo Practical***

Comment: The EP of the Solo Practical is the ability to assume the role of an auditor in session. Its purpose is not, to find charge at all cost where there is none. The sole purpose of the Practical is to locate where there is charge and where there is none, and to acknowledge this. In either case the result would be the same - an F/N. So if there are no reads, please do not dig around and search. If there are reads, audit to F/N; if there are none, acknowledge to F/N. When it runs easy it runs well.

### ***C/S's for the Solo Practical:***

1. Following standard auditing procedure (this applies to all the C/S's in this section), do S.A. List 1 on the meter, altering the standard auditing question to: "Is there a time when I was...?" When you get a read, look "down" your time track to find an incident which also reads. Audit a number of questions until you get an F/N. (No need to get an F/N on each question separately.)

2. Audit all postulates on your postulate list by repeater technique to an EP for each one.
3. In session, make a list of charged terminals that come to mind. Assess by elimination to a single reading item (EM-drill 24). Prepcheck this terminal. False reads occurring at this stage often come from entities. Check for ownership: "My charge? An entity's charge? Another thetan's charge?" Should "entity" read, handle with rehab by counting. If it's another thetan: audit him. (This also applies to the following assists).
4. In session make a list of times or periods in your life which were difficult for you. Assess by elimination to a single reading item. L1C on it.
5. Fly six ruds with the prefix: "In my life is there....?"
6. In session make a list of times when you didn't get acknowledged for doing something well, or when you continued an action past a win (O/R). Assess by elimination to a single reading item. Handle with rehab by key-out.
7. Further C/S's may be given according to the person's interest. Any open points from earlier auditing programs should be completed now.

**Attest:** I have studied and understood the above materials. I have completed the practical exercises and am happy to apply them.

Date:

Signature:

## ***Section VIII: Professional Level***

### ***A: Study***

Study all HCOB's pertaining to the auditing procedures you have drilled.

### ***B: Drills***

Repeat all drills of section VI including E-Meter Drills, to a higher level of competence. The more often this is done, and the more partners you have, the better. This applies to all drills. TR's should be done at every possible occasion, on increasing gradients.

1. Objective Processes.
2. Drill: Postulate Auditing using the E-Meter.
3. Drill: Flying Ruds and filtering out postulates from them.

4. Drill: The various methods of flying ruds (Chapter 4.3).
5. Drill: Rehab by postulate auditing.
6. Drill: Dating and Locating.
7. Drill: Listing and Nulling.
8. Drill (more than once!): TR-4 on the E-Meter following standard session procedure, with admin, as a "real" session with the coach introducing all possible situations: rising TA, dirty needle, protest, O/R, false reads, somatics, misemotions.

### **C: Practicals**

1. Do S.A. Lists on an auditee on the meter. Audit without reliance on the meter but use the meter just for observation. Keep session worksheets. This method of running S.A.-Lists is a gradient for the trainee auditor, giving him the opportunity to keep worksheets without having to concentrate on meter reads when making decisions. Meter reads are noted down for later interpretation after the session.
2. Get the C/S to give you a simple process from the Grades which can be run by repetitive recall, and audit it on an auditee until both you and the auditee have a win.
3. Audit the Solo Practicals 3-6 on an auditee. This is a *real* Life Repair action! (See LK2/p. 173.)
4. Audit the postulates found on 3 by repeater technique.

### **D: Further Steps**

Audit several dozens of hours until you feel confident that you know your stable data. Re-study "DMSMH", "Dianetics Today", "Science of Survival", "Dianetics 55", "Phoenix Lectures", "Scn 8 - 80", "Scn 8 - 8008". Also study the Academy Levels. It is recommended to have some practical experience before studying the Levels, so as to avoid becoming overwhelmed by new words and meanings. (You may of course do further studies according to other available checksheets apart from this course).

**Attest:** I have studied and understood the above materials. I have completed the practical exercises and am happy to apply them.

Date:

Signature:

## ***Section IX: C/Sing***

- 1 Find a good C/S with whom to work.
- 2 Learn from him how to make a good interview, how to categorize and analyze its data and work out an auditing program from them.
- 3 Audit several thousand hours.
- 4 Read the relevant parts of L.Kin 2 and L.Kin 4, the "C/S Series" in Tech Volume X, and the various rundowns in Tech Volumes XI and XII. Study the entire Tech Dictionary. You may not use any of this but it shows you what solutions Ron worked out at his time. Do study all books with an "8" in its title (0-8, 8-80, 8-8008), plus DMSMH, SOS, HOM, COHA, PXL. Listen to the Philadelphia Doctorate Course tapes.
- 5 Repeat point 3.
- 6 Repeat point 4.
- 7 Keep repeating points 2, 3 and 4 until you have made the tech your own.

***Attest:*** I have studied and understood the above materials. I have completed the practical exercises and am happy to apply them.

Date:

Signature:

# G.

## THE SOLO 2 CHECKSHEET

**Name of Student:**

**Commencement of Course:**

Note: It is recommended that this course be studied with the personal guidance of an experienced course supervisor who has successfully completed Solo 3 or perhaps even Excalibur!

### ***Introduction***

Solo 2 consists of auditing the Clearing Course implants and then the OT 2 implants. So for those who never ran the Clearing Course materials before, auditing them would be the first step on Solo 2. (There'll be a demo to explain the reason for this action.) The second step on Solo 2, the actual "OT 2" implants, can only be run successfully if the Clearing Course materials have been drained of all charge beforehand.

1. Read the course materials provided by the course supervisor.
2. Study them thoroughly (using study tech).

### ***Solo 2 Theory***

1. Demo the "spotting of a thetan". ("Light/spot thetan" would mean: where is the light from the viewpoint of the thetan? Or: where is the thetan with reference to the light?)
2. Checkout: What is the purpose of the light? (Hint: it attracts attention.)
3. Checkout: Explain why one should only reveal one line of the platens at a time.
4. Demo:
  - a. How a GPM is implanted.
  - b. The state of the thetan as a result of this with the GPM dormant.
  - c. Show what happens when the GPM is restimulated.

5. Theory: What's the mark of a successful implant?
6. Clay demo: Show how the CC implant leads to a composite case. This clay demo is done as a moving model in the following stages:
  - a. Put the structure of the CC implant on the clay table. It consists of 5 sections in sequence. (It's sufficient to do this in a crude and sketchy way.)
  - b. Move a dozen clay thetans through the implants as if on a conveyor belt, and then send them back to the beginning - 10 times over. Show how when they come off after the 10th time, they are all clumped together. They all have the same experience now and to that extent, much as they are still individuals, they are tied up with each other.
  - c. Make a long strip of clay and put it on the clay table to symbolize the time span between 1 1/2 quadrillion years and 75 million years ago. Put the same CC structure at 75 million years ago as at 1 1/2 quad.
  - d. Now show how at this repetition of the CC, whole clusters of "thetans" receive the implant. Move a dozen clusters of thetans 10 times through the 5 sections of the CC, and then 10 times through the sections of the OT 2 implant. See what happens as they come out the other end. (This demo may be hard to confront! The supervisor's help may be required.)
7. Demo: The EP of Solo 2, showing that if each individual thetan is given the chance to run his own incident, the "clumped-up" mass of them will break up and separate.
8. Admin drill: Demo the admin procedures required for running the CC and OT 2 platens (using "green apple" GPMs) to show that one can follow the procedures.
9. Read the C/S earlier in this book and go in session.

When running the process, do not run items as your own unless it feels like the correct action. It is best to run the items as "anyone's" (including your own if that feels the right thing to do). Bear in mind that you are running and cracking yourself out of a *composite* case.

# H.

## THE SOLO 3 CHECKSHEET

**Name of student:**

**Commencement of Course:**

### ***A. Introduction***

1. Read the OT 3 course pack with particular attention to the "handwritten" course materials (i.e. those in Ron's handwriting).
2. Study them thoroughly, using study tech.

### ***B. Incident II and the Whole Track***

1. Clay demo: the sequence of Incident II in detail. Use the complete Inc. II sequence as given in LK3/appx. It combines the handwritten materials and the platens. (Put this demo on the far right of your clay table.)
2. Show clearly in the clay demo how, and at what point:
  - a. a BT is formed,
  - b. a Cluster is formed.
3. Exercise: Calculate the proportionate time scales of: Incident II, Clearing Course implant, and Incident I. (Use a scale of 1 million years = 1 mm)
4. Clay demo: Extend from your Inc. II demo, a long strip of clay towards the left of your clay table in order to demonstrate the 4 quadrillion years time span between Incident II and I. Point out on this "time strip" where the CC implant occurred. Mark in clay letters "Incident II" on the right, "CC implant" in the middle, and "Incident I" on the left of the strip.

### ***C. The Beginning of the Time Track, and Earlier Universes***

1. Study: the definitions of "Universe" and "Three Universes" (Tech Dictionary).

2. Checkout: Why does it say that the time track began with Incident I? Before and after Inc. I all three universes existed. But with what significant difference, particularly with relation to time perception?
3. Clay demo: the sequence of Incident I (as per the handwritten materials).
4. Clay demo:
  - a. Three thetans who before Incident I shared a common earlier universe, and who created something within it together. (Use little clay balls to represent objects made of theta quanta.)
  - b. A single thetan with his own earlier universe, who also had created something.
  - c. Show how these creations, no longer being needed or wanted, are discarded and thus become not-ised.
  - d. Show how these discarded creations can be "hoovered up" and then attached to thetans. Show a thetan experiencing this (that's his earlier Incident I).
5. Exercise: Explain the underlying intention behind this, and how it would affect the individual's power of choice and power to as-is (ref. Axiom 29).

#### ***D. Auditing BT's and Clusters***

1. Exercise/clay demo: Make four free thetans out of clay (from before Incident I), and as you move them through your large clay demo from left to right, show:
  - a. What happens to them during Incident I.
  - b. What happens to one of them during the course of Incident II, so that he becomes a BT.
  - c. What happens to the other three during the course of Incident II, to make them into a cluster.
  - d. At the end point of your clay demo you should now have a BT and a Cluster.
2. Demo (in which you move them backwards through the time track):
  - a. Move the BT back through Incident II, Incident I, earlier Incident I and earlier universes, and show how it ends up slowly loosening up, and finally blowing.
  - b. How and when a Cluster breaks up whilst moving it through Incident II (there are various possibilities).
3. Clay demo: How a Cumulative Cluster is formed.

4. Demo (move your clay pieces around): How one can recognise a Cumulative Cluster: (dirty needle, rising TA, Incident II won't run) and how one takes this apart in session.
5. Demo: How to handle a BT who has a dirty needle on Incident II or Incident I, blows little charge and has a rising TA (Dirty needle = missed withhold = overt!).
6. Demo and drill: How to audit the ruds on Solo 3.

### ***E. Application***

1. Write up the complete steps of Incident I and Incident II so as to have them ready when you need them in session.
2. Locate the volcanos in an atlas.
3. Read the Solo 3 C/S-instructions earlier in this book and go in session.

# I.

## THE EXCALIBUR CHECKSHEET

**Name of Student:**

**Commencement of Course:**

1. Study the Admin Scale. Make a few Admin Scales until you get the concept.
2. Study the Ethics Conditions. Get a thorough checkout on them.
3. Checkout: Explain how Admin Scale and Ethics Conditions, through the Ideal Scene, tie in with each other.
4. Get your Excalibur Interview and your first groove-in sessions.
5. Study the Excalibur procedure in the appendix of LK3 and get a checkout on the logic of it. Why is the sequence of commands the way it is and no other way?
6. Between sessions, study the worksheets your auditor wrote and see how he applied the Excalibur procedure to the specific BT or Cluster you found with him in session.
7. When you feel confident on your perceptions and the procedure, carry on solo.

# J.

## **AUDITING AND NUTRITION**

by J. Dunn, Natural Health Practitioner and Auditor

This section deals with the biochemical and nutritional factors which prevent or which promote effective auditing. The suppressive and the stimulative effects of drugs, vitamins and nutritional supplements are reviewed. In particular, the section deals with the effects of over-use, by auditors and solo auditors, of caffeine, nicotine and refined sugars.

My experience in the clinic and in the auditing room indicates that socially-accepted stimulants such as caffeine, nicotine, and refined sugars can have a negative influence upon auditing gains. This influence is due to their drug effects. Those people auditing over those effects may not expect to get the results predicted. My experience also indicates that those results are obtainable when auditing is done effectively and without the influence of stimulants.

Ron Hubbard's bulletins regarding the negative effects of drugs on auditing gains have been ignored by many. Those people under the influence of such substances tend not to confront the effects upon themselves or upon others. The phenomena of drug effects from socially-accepted stimulants are clear to the trained observer. In one particular year, I saw eighteen people in my clinic with panic attacks, extreme nervousness, and, irritability followed by weepiness. Seventeen of those people were heavily dependent upon coffee. Six of those were also hooked on cigarettes, one was a chocoholic. When weaned off the drugs and refined sugars, and put on to balanced nutrition, their symptoms vanished and their lives returned to normal. I have seen similar misemotional disturbances in auditors and solo auditors who drank a lot of coffee and smoked heavily. In one year, I saw six people who were having problems with their solo auditing. Heavily dependent upon coffee and cigarettes, they were

found to have nutritional deficiencies. When their caffeine and nicotine intake was eliminated, and their nutrition was balanced, those people began to audit successfully.

Lack of effectiveness of solo auditing is found to be one result of auditing over stimulants. The result can be self-auditing. Here, the malnourished or drug-restimulated case 'audits' itself. This happens when the spiritual being is out of control and different valences take command. The meter still reads well.

Prolonged fasting, and any kind of poisoning by malnutrition or drugs, restimulates engrams in the genetic entity. The spiritual being dramatises this as psychosis or schizophrenia.

### ***Caffeine***

Caffeine is a drug. It is the main addictive factor in coffee, tea and chocolate. Acting mainly upon the central nervous system, it stimulates cerebral and cardiac activity. In excess, it produces nervousness and hallucinations. My experience is that caffeine makes some people paranoid. In this state they constantly look for enemies. They take up them-and-us viewpoints.

Caffeine is also a diuretic. Its over-use can result in dehydration. This creates thirst which induces the coffee-user to take more. One effect of dehydration is a hangover. The coffee, tea or chocolate user often reaches for more of the drug to "cure" that.

### ***Nicotine***

Nicotine is very poisonous. Even if not inhaled, nicotine from cigarettes and cigars enters the bloodstream through the tissues under the tongue. The tongue becomes numb in smokers because nicotine is an anaesthetic too. It numbs deep tissues of the body thereby blocking fluid and energy flows. When absorbed through the mouth and lungs, nicotine creates a very rapid drug effect. It raises both the metabolic rate and the heart rate. This increases oxygen demand. In turn, the production of toxic wastes is increased. More metabolites are required to handle that.

### ***Carbon Monoxide***

The carbon monoxide produced by smoking reduces oxygen availability. Carbon monoxide starves the blood and eventually the brain of oxygen. It kills brain cells. Hubbard said that oxygen starvation pulls in mental masses. (HCO Bulletin, 27 Dec 1965). In chronic cases, carbon monoxide shuts down the

circulation so much that gangrene can set in.

### ***Dependence***

When one sees a solo auditor having difficulty in handling masses, having a short attention span and needing frequent breaks, one should consider nicotine or caffeine dependence as a possible cause. Some very able people have been found to grind to a halt with their auditing because this factor was not spotted and handled.

A solo auditor was having difficulties in session and was getting progressively fewer gains. Unable to confront his next level, he was found to be hooked on chocolate and strong coffee. After being weaned off the drugs with supplements and a balanced nutritional programme, he reported feeling as energetic as he had been as a child. He became enthusiastic for life and for his next level.

### ***Successful Auditing***

Successful auditing – particularly Upper Level auditing – is accomplished with fine control of that which one is auditing. Novice solo auditors often do not realise that the attention beam is like a searchlight, waking up 'items' in their space. Such auditors are seen to cast their attention too wide and to become easily overwhelmed by too many things coming in on them at once. They cannot confront all that they stir up and leave much of that incomplete.

Incomplete handling leaves bypassed charge on the case. When this is not spotted, it can leave incomplete levels and unattained states. One coffee-dependent solo auditor was found routinely not to be completing items. Out of session, he described the resulting feeling as “a lot of bees buzzing around my head“.

In auditing, one of the two people in the session must be above the problem so that the other can discharge to him. It is the flow between the auditor and the auditee which creates the effect of discharge. The auditee ridges against a drugged-up auditor. The auditor is not being there. Then formula “Auditor plus Auditee is greater than the Bank“, is violated. This is also true in solo auditing where the spiritual being (auditor), is supposed to be auditing the case. The more the body is stimulated by drugs, the more its casey flows impinge upon the auditor and impede the session. Two solo auditors have been seen who are only able to audit after several cups of strong, sweet coffee. A person under the influence of caffeine or nicotine has a tendency to self-audit

and those two auditors were found to spend many hours in review.

One solo auditor reported achieving a state of great serenity where she could have or not have anything. She “tapped the secrets of the universe“ while doing relatively simple processes, going out for cigarettes and coffee in the breaks. She later went on to achieve sixty cigarettes a day and “very high levels of awareness“. Claiming to be “caseless“, she also developed very heavy body problems. I have seen other people who claim “caselessness“, exhibiting very strange behaviour. A truly caseless person can be on stimulants and still be in control. Drugged-up cases believe they’re caseless but do not have the perception to see that they are not.

### ***Deficiencies***

The restimulation of case is only one detrimental effect of the use of drugs. Giving them up is only the beginning. Less obvious effects are the biochemical deficiencies which drugs create. Ron Hubbard said: “Only when we have accomplished the biochemical handling can we then go onto the next step, the biophysical handling (the relationship of the being to the body, the environment or universe), and then onto mental and spiritual processing. When you try to move these around and put them out of sequence you get losses. (HCO Bulletin of 6 February, 1978 RA).

Auditing over malnutrition does not work. Taking a lot of vitamins does not, on its own, solve the problem of malnutrition. The body chemistry is often in such poor state that it cannot metabolise these vitamins effectively.

Drugs burn out vitamins and stress the system. There was a solo auditor who did not make progress in auditing. He was constantly upset. He was considered to be a “very difficult case“, and was in despair. Then he was found to have been a street-drug taker, a heavy smoker, and an alcoholic. He had never done a detoxification programme. Taken off auditing lines, he was given a full spectrum of vitamins, minerals, amino acids, blood sugar stabilisers, enzymes and trace elements. He stabilised quickly. Eating healthily, he became creatively productive.

### ***Stress***

Stress can cause malnutrition as much as stimulants or toxins, or lack of vital elements in the diet. In mechanical terms, stress occurs when a force is applied to a material and the material resists the change which the force tries to induce. Stress in people is the effect of resistance to change. In the conflict, the body

burns more than normal amounts of energy and metabolites. Keyed-in people are usually highly stressed. The body becomes rigid.

A person completely free of case is strong yet can be compliant. He can have or not have anything. He burns relatively little energy in accomplishing what he wants to.

### ***Refined Sugars***

Sugars in various forms provide the energy source of the body. But the body evolved on fruit sugar (Fructose), and those sugars derived from starches. Refined sugars are poisonous to the system not designed to handle them.

Refined sugars destroy the energy-control systems of the body quite inexorably over a long period of time. When eaten, they create a rapid rise in the blood sugar level. High blood sugar levels induce a high metabolic rate. Then comes the wipe out as the system tries to redress the balance and usually overcompensates – particularly in the chronic user. This leaves a low blood sugar level. Masses are pulled in.

Hallucinations can be caused by low blood sugar level. Nightmares and vivid dreams result from it. There is a tendency toward depression. To get out of this, the person reaches for more sugar and for stimulants. The result is the blood sugar roller coaster – hyperactivity followed by lethargy and depression.

The solo auditor on refined sugars starts the session energetically and then runs out of energy. He finds masses hard to blow and wonders why the session bogs down. He might try to force his attention on to the subject but that only demands more energy. He might give up, go out for a sugar or stimulant fix and thereby start the blood sugar roller coaster again.

One solo auditor on upper levels told me, “I have to have a couple of cups of coffee or something sweet to give me the courage to audit, otherwise I can’t confront the horrible things I find”.

### ***Minerals***

Minerals are vital to metabolic balance. Calcium and magnesium are an essential prerequisite if a person is to audit successfully for several hours at a stretch. In the absence of magnesium, the body has cramps and becomes fidgety.

Magnesium is as important as calcium in that it is essential for the formation of hormones which facilitate the absorption of calcium.

### ***Vitamin Deficits***

Some auditors try to cure their problems by taking large doses of some vitamins. This in itself can cause imbalance. Certain groups of vitamins work synergistically. That is, each depends upon the others for its optimum function and effect. By overdosing one vitamin, one can create deficiencies in others.

### ***Vitamin C***

Smoking is known to create deficiencies in vitamin C. This vitamin degrades quickly. We need a constant supply. When we do not get enough to keep all systems going optimally, energy levels begin to dive and vital functions run down.

### ***The B Vitamins***

The B vitamins are arguably the most important ones for mental stability and psychological balance. They are essential in producing brain energy. Their absorption is blocked by nicotine. Serious imbalance of B3 can produce psychosis, schizophrenia and paranoia.

I have found that people who begin to show unreality, to switch personalities and to exhibit psychotic and destructive tendencies, often suffer from a lack of B vitamins. The states which we routinely see switching on and off during the handling of a case are very similar to those described in severe B vitamin deficiency.

A solo auditor was becoming progressively more psychotic with his auditing. He switched valences rapidly. There was no coffee, nicotine or chocolate involvement. He ate healthily and well. Then he was seen to get angry after drinking half a glass of wine. This was enough to indicate a B vitamin deficiency. He was put on to moderately large doses of B3 and B6 with a good backup of B Complex, C and E. The change was dramatic. He became sociable, and cheerful. His earlier auditing gains resurged. He began to have great cognitions. So – one thing we have to be aware of here is vitamin deficiencies caused by auditing.

Auditing requires more brain energy than in normal operation. Even if a person, auditing intensively, took a good B Complex supplement each day, the B1 requirement of the brain might still exceed that. Ron Hubbard recommended supplementing B1 when auditing. However, the problem with supplementing parts of the B Complex – such as B1 on its own – is that this runs us into deficiencies of the other B vitamins. The body extracts the components

which it needs and then excretes the remainder, leaving a deficit in other components. Taking unbalanced amounts of B1 can create a deficit in B3 which in turn can produce valence shifting and paranoia, particularly in the person on stimulants.

Continual key-ins with their consequent stress, or long hours of arduous auditing, burn out metabolic factors rapidly. The irony is that, in attempting to make the person more sane by intensive auditing, we can produce the very phenomena which we are trying to resolve. When solo auditors use stimulants to raise their energy or confront, the metabolites run out faster. The case keys in harder.

The solo auditor who drank several cups of strong coffee before a session, was observed to come out of session looking drained. He was later found to have left numerous incomplete cycles. To prevent this, keep off the stimulants. Take a good range of vitamins including B Complex. Supplement with B1, B3 and B6 while auditing, and increase the B Complex according to the amount of B1, B3 and B6 taken. When not auditing, drop back to B Complex only. Do not take B1 or B3 in isolation.

### ***Vitamin E***

Vitamin E handles the toxins which result from taking drugs. Another action of this vitamin is to assist in oxygenating the blood. This will help in inhibiting the pulling-in of mental masses due to oxygen starvation.

Smoking tobacco creates a heavy drain on vitamin E. Also, a speeded-up metabolism, due to taking a stimulant such as coffee, can wipe out vitamin E fast and leaves the person stressed and keyed in.

### ***Vitamin D***

This vitamin is essential for the absorption of calcium and for maintaining calcium/magnesium balance. Vitamins A and D work synergistically. I recommend that they always be taken in combination. Vitamins A, D and E are fat-soluble and should only be taken in the oils in which they occur naturally. Tablets of any of these vitamins are relatively ineffective.

### ***Resolution***

To resolve the problems arising from the over-use of drugs, and refined sugars:

1. Eradicate drug residues on a carefully-run detoxification programme.

2. With expert guidance, take well-balanced, high quality vitamin supplements together with a wide spectrum of amino acids, enzymes and trace elements, for several weeks.
3. Review those areas of the Bridge which were trodden under the influence of drugs to check completeness of levels. (Auditing on over incomplete levels is believed to have caused many people to crash, or to blow from the subject).
4. Avoid all auditors and case supervisors who cannot function without coffee and or nicotine.
5. While on an auditing programme, eat no refined-sugar products. Eat only pure fruit sugar (Fructose), combined with unsweetened yoghourt as a main energy source. (Fructose does not disturb the blood sugar balance, particularly when taken with a first-class protein such as natural yoghourt. The yoghourt slows down the absorption of the sugar which then provides a steady and sustained energy take-up). Add whole grains, fresh fruit and vegetables for balance. Drink plenty of unadulterated water.
6. Consult a qualified medical practitioner on everything concerning the health, before doing anything at all.

Good luck.